



LUNCH MENU WEEK ONE

WEEK COMMENCING: 28TH April, 19TH May, 16TH June 7TH July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p>MAIN Chicken Sausages Served with a Caramelised Onion & Thyme Gravy</p> <p>VEGETARIAN Chana Palak Masala</p>	<p>MAIN Reduced carbon Beef Ragu Served with Penne Pasta</p> <p>VEGETARIAN Shepherdess Pie Served with Onion Gravy</p>	<p>MAIN <i>Roast with a Twist!</i> Tandoori Chicken Topped with Green Chutney</p> <p>VEGETARIAN Veggie Hot Dog with Fried Onions & Home Made Ketchup</p>	<p>MAIN Creamy Cajun Chicken Alfredo</p> <p>VEGETARIAN Ultimate Mac & Cheese</p>	<p>MAIN Crispy Battered Fish with Homemade Tartare Sauce</p> <p>VEGETARIAN Spicy Onion Bhaji Burger Topped with Riata</p>
PASTA BAR & PIZZA BAR	<p>Freshly cooked Pasta & Toppings & With a tasty selection of Pizza & Toppings</p>				
JACKET POTATO BAR	<p>Fresh Baked Jacket Potatoes with a selection of toppings</p>				
GREENS & GRAINS	<p>STARCH & VEG Pilau Rice Creamy Mashed Potatoes Garden Peas</p>	<p>STARCH & VEG Garlic Slice Honey & Thyme Roast Carrots</p>	<p>STARCH & VEG Chaot Masala Roasties Seasonal Greens Paprika Wedges</p>	<p>STARCH & VEG Rainbow Salsa Dressed Rocket Salad</p>	<p>STARCH & VEG Chipped Potatoes Garden Peas Baked Beans</p>
THEME DAY	 <p>'The Classic' Chicken Fajita Strips, Stir Fried Peppers & Onion Served in a Toasted Tortilla Wrap</p>	 <p>The "Swift" Classic beef burger with cheese, battered onion ring, pickles & burger cheese sauce</p>	 <p>Loaded 'Chicken Parm' Fries Chicken with Crispy Fries, Melted Mozzarella & Marinara Sauce</p>	 <p>Hoi Sin Vegetable Noodles Topped with carrot ribbons & soy sauce</p>	 <p>Station Masters Maharaja's Chickpea & Lentil Dahl served with Himalayan Rice, mini naan & minted yoghurt</p>
COLD DELI	<p>Selection of Grab & Go Snacks & pre made Sandwiches <i>Also Available Daily</i> Freshly made Cakes, Bakes, Fresh Fruit & a delicious selection of Sweet Desserts & Yoghurt</p>				

FOOD ALLERGIES & INTOLERANCES

If you require information on allergens or suffer from a food intolerance, please speak to a team member before you order food or drinks



LUNCH MENU WEEK TWO

WEEK COMMENCING: 5th May 2ND June 23rd June 14th July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p>MAIN Reduced carbon Cottage Pie with a Root Mash Topping</p> <p>VEGETARIAN Creamy Mushroom & Courgette Pasta</p>	<p>MAIN Greek Style Chicken Gyros Flatbread with Tzatziki</p> <p>VEGETARIAN Moroccan Style Vegetable Ratatouille Served with Cous Cous</p>	<p>MAIN Honey Glazed Roast Gammon</p> <p>VEGETARIAN Cheese & Potato Puff Pastry Pie</p>	<p>MAIN Reduced Carbon Green Thai Chicken Curry</p> <p>VEGETARIAN Quorn Sausage Casserole</p>	<p>MAIN Battered fish fillet with homemade tartare sauce</p> <p>VEGETARIAN Home Made Vegan Sausage Roll</p>
PASTA BAR & PIZZA BAR	<p>Freshly cooked Pasta & Toppings & With a tasty selection of Pizza & Toppings</p>				
JACKET POTATO BAR	<p>Fresh Baked Jacket Potatoes with a selection of toppings</p>				
GREENS & GRAINS	<p>STARCH & VEG Broccoli Sweetcorn</p>	<p>STARCH & VEG Dressed Summer Slaw Sweetcorn</p>	<p>STARCH & VEG Roast Potatoes Buttered Carrots Garden Peas</p>	<p>STARCH & VEG Sticky Rice Mashed Potato Garden Peas</p>	<p>STARCH & VEG Chipped Potatoes Garden Peas Baked Beans</p>
THEME DAY	 <p>The 'XCX' Tower Burger</p> <p>Southern Fried Chicken, Hash Brown, Cheese, Salad & Chipotle Mayo</p>	 <p>Smoky Beef Chilli Burrito Bowl</p> <p>with boiled rice, salsa and sour cream</p>	 <p>Nigerian Style Beef Jollof Rice Drizzled with Ruby Beetroot Yoghurt Dressing</p>	 <p>Winging' It Honey Garlic Chicken Wings with Paprika Wedges</p>	 <p>Goan Fish Finger Wrap with minted pea dhal, masala fries, chilli & lime raita</p>
COLD DELI	<p>Selection of Grab & Go Snacks & pre made Sandwiches <i>Also Available Daily</i> Freshly made Cakes, Bakes, Fresh Fruit & a delicious selection of Sweet Desserts & Yoghurt</p>				

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LUNCH MENU WEEK THREE

WEEK COMMENCING: 12th May 9th June 30th June 21st July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p>MAIN Chicken Burrito Topped with Sour Cream & Salsa</p> <p>VEGETARIAN Roast Tomato & Mozzarella Pasta Bake</p>	<p>MAIN Reduced Carbon Beef Lasagne</p> <p>VEGETARIAN Roasted Butternut Squash & Sweet Potato Dhal</p>	<p>MAIN Roast Chicken Served with Sage & Onion Stuffing</p> <p>VEGETARIAN Caramelised Red Onion & Cheddar Quiche</p>	<p>MAIN Nepalese Style Beef Curry</p> <p>VEGETARIAN Veggie Pasta Bolognese</p>	<p>MAIN Breaded or battered fish with lemon Wedge</p> <p>VEGETARIAN Sweet Potato Falafel Wrap with Minted Yoghurt Dip</p>
PASTA BAR & PIZZA BAR	<p>Freshly cooked Pasta & Toppings & With a tasty selection of Pizza & Toppings</p>				
JACKET POTATO BAR	<p>Fresh Baked Jacket Potatoes with a selection of toppings</p>				
GREENS & GRAINS	<p>STARCH & VEG Winter Slaw Sweetcorn</p>	<p>STARCH & VEG Jeera Rice Chef's Salad</p>	<p>STARCH & VEG Buttered New Potatoes Roasted Roots</p>	<p>STARCH & VEG Basmati Rice Green Beans</p>	<p>STARCH & VEG Chipped Potatoes Baked Beans Garden Peas</p>
THEME DAY	 <p>Chilli Snoop 'Dawg</p> <p>Classic Hot Dog topped with Beef Chilli & Crispy Onion</p>	 <p>Veggie Chimichanga</p> <p>Sweet Chilli Sweet Potato, Squash, Pepper & Onion</p>	 <p>The 'Spicy One'</p> <p>Cajun Chicken Flatbread topped with Sweetcorn Salsa & Sour Cream</p>	 <p>The Posh 'Pot Noodle'</p> <p>Vegetable Ramen Topped with Sliced Spring Onions & Fresh Chilli</p>	 <p>Traditional Chicken Korma</p> <p>Served with Pilau Rice, Mini Naan, Topped with Chutney</p>
COLD DELI	<p>Selection of Grab & Go Snacks & premade Sandwiches <i>Also Available Daily</i> Freshly made Cakes, Bakes, Fresh Fruit & a delicious selection of Sweet Desserts & Yoghurt</p>				

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