WEEKLY MENU

WEEK 2

WOK MY WAY — EVERY TUESDAY

Asian inspired noodles with a selection of protein and vegetables

FLAT BREAD — EVERY WEDNESDAY

Authentic Greek flatbreads topped with marinated chicken or plant-based protein

EVERY THURSDAY — CHICK N' RUN

Chicken served with a range of signature marinades and seasoned rice

Switch it up with our street food favourites! Ask the team for this week's flavours

PLANT FORWARD MON	Jacket Potato with Veggie Sausage & Beans with Sweetcorn and Green Beans or Mixed Salad (VG) OR Louisiana-Style Sausage, Bean & Vegetable Stew with Rice, Sweetcorn and Green Beans or Mixed Salad (VG)	Roasted Gnocchi (Mini Potato Dumplings) with Butternut & Lentil Ragu with Green Beans and Sweetcorn OR Mixed Salad (VG) Or Jacket Potato & Veggie Chilli with Green Beans and Sweetcorn or Mixed Salad (VG)
TUE	Chicken Shawarma Flatbread & Harissa Dressing with Green Beans and Sweetcorn or Mixed Salad OR Korma Style Chicken & Lentil Curry with Rice, Green Beans and Sweetcorn or Mixed Salad (Halal Available)	Sweet Potato, Spinach & Chickpea Style Korma with Mixed Rice, Peas and Mixed Vegetables or Garden Salad (VG) OR Spaghetti with Roasted Vegetables in a Herby Tomato Sauce with Peas & Mixed Vegetables or Mixed Salad (V)
WED	Roast of The Day, Gravy & Roasties with Seasonal Greens and Carrots (Halal Available) OR Roast Chicken Baguette with Seasonal Greens & Carrots	Roasted Sweet Potato & Lentil Loaf with a Sticky Ketchup Glaze, Roast Potatoes, Seasonal Greens and Carrots (VG) OR Smokey Cheese & Butternut Quiche with Roast Potatoes, Seasonal Greens and Carrots (V)
THU	BBQ Chicken & Rice with Broccoli, Carrots and Cauliflower OR Sausage & Mash, Caramelised Onion Gravy with Broccoli, Carrots and Cauliflower (Halal Available)	Thai Style Nut-Free Satay & Rice with Broccoli, Carrots and Cauliflower (VG) OR Veggie Sausage & Mash with Caramelised Onion Gravy, Broccoli, Carrots and Cauliflower (VG)
FRI	Sustainably Sourced Battered Fish & Chips with Peas and Beans or Mixed Salad OR Oven Baked Chicken Nuggets & Chips with Peas and Beans or Mixed Salad (Halal Available)	Pizza Selection with Chips/Wedges, Peas & Beans or Mixed Salad

POT & TASTY

Daily range of ready to go pots including pastas, salads and rice bowls

DESSERTS

Enjoy our chef's choice of sweet treats, served every day

SPUD STOP — TOPPED & LOADED

Hot loaded spuds with a daily range of tasty toppings to fill you up



26th Oct, 16th Nov, 7th Dec, 11th Jan, 1st & 22nd Feb, 15th March

V - VEGETARIAN
VG - VEGAN