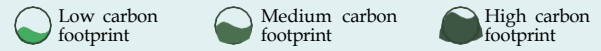


WEEKLY MENU

WEEK ONE

Look out for our carbon footprint logos on our counters to see the impact of your meal choices on the planet



ACT 1	Monday	Tuesday	Wednesday	Thursday	Friday
	ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS
MAINS Choose from:	Classic Spaghetti Bolognese Or Roasted Vegetable Pasta Bake	Oven Baked Pork Sausage Or Quorn Sausage & Gravy	Jerk Chicken Thigh Or Jamaican Sweetcorn Fritter	Kale Pesto Pasta Or Macaroni Cheese	Oven Baked Breaded Fish Or Margherita Pizza
sides	Carb Garlic Bread	Low Creamy Mashed Potatoes	Rice & Peas	Low Pasta	Low Chips
	Veg Peas & Sweetcorn	High Savoy Cabbage	Home Made Coleslaw/House Salad	High Home Made Coleslaw & Potato Salad/House Salad	Low Peas & Baked Beans
dips		Gravy	Mayonnaise/Ketchup	Mayonnaise	Tartare/Ketchup

Add a Dessert to your meal

dessert

Choice of Fresh Red and Green Apples **Ve**, Oranges **Ve** and Bananas **Ve**,
Black & Green Grape Pot **Ve**, Jelly Pot **Ve** and Organic Yo **Low**urts



(F50)

Future 50: Contains one or more of the top 50 most sustainable foods in the world!



(Plant+)

Represents plant-rich dishes that are better for your health & the environment.



(v)
Vegetarian



(Ve)
Vegan



(20%<)
20% less meat

For allergen content please speak to a member of staff who will be happy to assist

AVAILABLE DAILY:

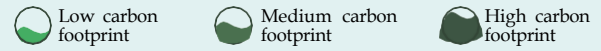
Jacket potatoes baked onsite with a daily choice of two toppings
Mixed salad bar | Selection of seasonings | Wholesome soup bar | Deli grab & go range



WEEKLY MENU

WEEK TWO

Look out for our carbon footprint logos on our counters to see the impact of your meal choices on the planet



ACT 1		Monday	Tuesday	Wednesday	Thursday	Friday
		ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS
MAINS Choose from:		Pie Bar Or Broccoli & Cauliflower Bake	Cajun Chicken Flat Bread Or Best Chickpea Burger	Classic Roast of the Day Or Roasted Quorn Fillet	Chickpea & Coconut Dahl Or Vegan Sausage Roll	Oven Baked Pollock or Vegan Quorn Nugget's
sides	Carb	Home Made Mashed Potatoes	Potato Wedges	Stuffing & Spuds	Braised Turmeric Rice	Chips
	Veg	Green Beans & Peas	Red Cabbage Slaw	Broccoli	Fresh Broccoli Florets	Peas & Baked Beans
dips		Gravy	Mayonnaise/Salsa	Gravy	Raita/Mayo	Ketchup/Tartare

Add a Dessert to your meal

dessert

Choice of Fresh Red and Green Apples , Oranges and Bananas

, Black & Green Grape Pot , Jelly Pot and Organic Yoghurts



(F50)

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AVAILABLE DAILY:

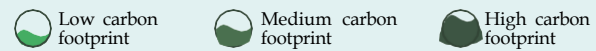
Jacket potatoes baked onsite with a daily choice of two toppings
Mixed salad bar | Selection of seasonings | Wholesome soup bar | Deli grab & go range



WEEKLY MENU

WEEK THREE

Look out for our carbon footprint logos on our counters to see the impact of your meal choices on the planet



ACT 1	Monday	Tuesday	Wednesday	Thursday	Friday
	ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS
MAINS Choose from:	Chicken & Vegetable Filo Pie or Broccoli & Cauliflower Bake	Piri Piri Chicken Thigh Or Southern Baked Quorn Burger	Teriyaki Quorn Stir Fry Or Pasta Primavera	Chicken Korma Or Sweet Potato Chana Masala	Oven Baked Pollock Or Quorn Loaded Chilli Dogs
sides					
Carb	Rustic Roast Potatoes	Potato Wedges	Garlic bread	Steamed Rice	Chips
Veg	Green Beans	Sweetcorn	Broccoli Florets	Cauliflower Aloo Gobi	Peas & Baked Beans
dips	Gravy	Mayo	Soya Sauce	Mango Chutney/Raita	Ketchup/Tartare

Add a Dessert to your meal

Choice of Fresh Red and Green Apples , Oranges and Bananas

, Black & Green Grape Pot , Jelly Pots and Organic Yoghurts

(F50)
Future 50: Contains one or more of the top 50 most sustainable foods in the world!

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(v)
Vegetarian

(Ve)
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AVAILABLE DAILY:
Jacket potatoes baked onsite with a daily choice of two toppings
Mixed salad bar | Selection of seasonings | Wholesome soup bar | Deli grab & go range

