

# WEEKLY MENU

WEEK 1



EVERY  
TUESDAY

Asian inspired noodles  
with a selection of  
protein and vegetables



EVERY  
WEDNESDAY

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

EVERY  
THURSDAY

Drumsticks 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



TUE

WED

THU

FRI

Mediterranean Vegetable Ragu with  
Gnocchi & Garlic Bread



Chicken & Lentil Arrabbiata with  
Wholewheat Penne & Garden Salad



Roast of the Day with Seasonal  
Greens, Carrots, Roasties & Gravy



Chicken & Sweetcorn Pie with Broccoli,  
Carrots & Cauliflower



Sustainably Sourced Battered Fish &  
Chips with Peas or Beans

Mac & Cheese Topped with Crispy  
Onions Served with Garlic Bread &  
Mixed Salad <sup>(V)</sup>

Vegemince Chilli with Yellow Rice,  
Broccoli, Carrots & Cauliflower <sup>(V)</sup>



Veggie Sausage & Tomato Bake with  
Seasonal Greens, Carrots & Roasties <sup>(V)</sup>



Cheese & Spring Onion Loaded Potato  
Skins with Broccoli, Carrots  
& Cauliflower <sup>(V)</sup>



Pizza Selection with Chips or Wedges



## 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



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



At least  
3g/100g fibre



At least 12% kcal  
from protein



Less than 1.5%  
saturated fat



Hits all three  
nutrition targets

V - VEGETARIAN  
VG - VEGAN

13th April, 4th May, 25th May, 15th June, 6th July, 7th Sept, 28th Sept, 19th Oct 2026

# WEEKLY MENU

WEEK 2



EVERY  
TUESDAY

Asian inspired noodles  
with a selection of  
protein and vegetables



EVERY  
WEDNESDAY

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

EVERY  
THURSDAY

Drumsticks served with  
a range of signature  
marinades and  
seasoned rice

CHICK  
N'RUN

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



TUE

Garlic Mushroom Mac & Cheese <sup>(V)</sup>

BBQ Chicken Burrito with Mixed Rice  
& Salsa



WED

Roast of the Day with Seasonal  
Greens, Carrots, Roasties & Gravy



THU

Sausage & Mash with Caramelised  
Onion Gravy & Seasonal Vegetables



FRI

Sustainably Sourced Battered Fish &  
Chips or Oven Baked Chicken Nuggets  
& Chips



Butternut & Beany Vegetable  
Burrito <sup>(VG)</sup>



Spaghetti with Roasted Vegetables  
in Herby Tomato Sauce <sup>(V)</sup>



Smoky Cheese & Butternut Quiche  
with Seasonal Greens, Carrots &  
Roasties <sup>(V)</sup>



Veggie Sausage & Mash with  
Caramelised Onion Gravy & Seasonal  
Vegetables <sup>(VG)</sup>



Pizza Selection with Chips or Wedges

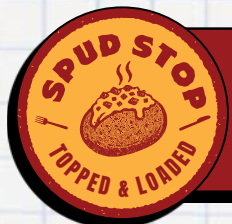


## POT & TASTY

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

## DESSERTS

Enjoy our chefs choice of sweet  
treats, served every day



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



At least  
3g/100g fibre



At least 12% kcal  
from protein



Less than 1.5%  
saturated fat



Hits all three  
nutrition targets

V - VEGETARIAN  
VG - VEGAN

30th March, 20th April, 11th May, 1st June, 22nd June, 13th July, 14th Sept, 5th Oct, 26th Oct 2026



# WEEKLY MENU

WEEK 3



EVERY  
TUESDAY

Asian inspired noodles  
with a selection of  
protein and vegetables



EVERY  
WEDNESDAY

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

EVERY  
THURSDAY

Drumsticks 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



TUE

Sweet Potato Katsu with Mixed Rice  
& Pickled Vegetables <sup>(VG)</sup>



Thai Red Chicken Curry with  
Mixed Rice

WED

Roast of the Day with Seasonal  
Greens, Carrots, Roasties & Gravy



THU

Beef & Lentil Ragu with Gnocchi



FRI

Sustainably Sourced Battered Fish  
& Chips or Oven Baked Chicken  
Goujons & Chips



Vegetable Lasagne with Garlic Bread <sup>(V)</sup>



Thai Red Sweet Potato & Vegetable  
Curry with Mixed Rice <sup>(VG)</sup>



Keema Bake Slice with Seasonal  
Greens, Carrots, Roasties & Gravy <sup>(V)</sup>



Cheese Quiche with Salad & Minted  
New Potatoes <sup>(V)</sup>



Pizza Selection with Chips or Wedges

## POT & TASTY

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

## DESSERTS

Enjoy our chefs choice of sweet  
treats, served every day



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



At least  
3g/100g fibre



At least 12% kcals  
from protein



Less than 1.5%  
saturated fat



Hits all three  
nutrition targets

V - VEGETARIAN  
VG - VEGAN

6th April, 27th April, 18th May, 8th June, 29th June, 20th July, 31st Aug, 21st Sept, 12th Oct 2026