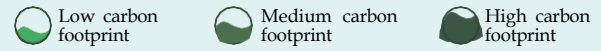


# WEEKLY MENU

## 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
		<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>
<b>MAINS</b> Choose from:		Lasagne Verdi with Roasted ve	Sweet & Sour Chicken	Roast Quorn Fillet, garden herb	Baked Feta, Tomato & Red Onio	Vegan Sausage Roll (Ve)
<b>sides</b>	Carb	Garlic Bread	Rice	Stuffing & Spuds	New Potatoes	Chips
	Veg	Seasonal Salads	Peas/Coleslaw	Cabbage/Carrots	Green Bean /Coleslaw	Peas & Carrots
<b>dips</b>		Mayo/Dressing	Sweet Chilli/Mayo	Gravy	Gravy/Ketchup	Tartare/Ketchup

ACT 2		Monday	Tuesday	Wednesday	Thursday	Friday
		<b>MEXICAN</b>	<b>ITALIAN</b>	<b>AMERICAN</b>	<b>PLANT+</b>	<b>ORIGINALS</b>
<b>MAINS</b> Choose from:		Chipotle Chicken Corn Salsa	Pasta Primavera (F50)	Corn Ribs, Honeyed carrots, re-f	Butternut Squash & Chickpea T	Oven Baked Breaded Fish of th
<b>VEGGIE OPTION</b>		Black Bean and Chargrilled Veg Tacos	Cauliflower and Broccoli Crunchy Cheese Bake	BBQ Pulled Quorn Burger	Stretched Loaded Pizza	Vegan Sausage Roll (Ve)
<b>sides</b>	Carb	Steamed Fluffy Rice	Focaccia	Diced Potatoes	Cous Cous with garden peas	Chips
	Veg	Broccoli/Salad	Mixed Salads	Roasted Sweetcorn	Selection of house Salads	Peas & Carrots
<b>dips</b>		Mayo/Dressing	Pesto/Dressing	BBQ/Mayo	Lemon and Parsley Yoghurt	Tartare/Ketchup

### Add a Dessert to your meal

<b>dessert</b>	Choice of Fresh Red and Green Apples , Oranges  and Bananas
	Seasonal Fruit Salad Pot , Black & Green Grape Pot , Mixed Melon Pot  and Organic Yoghurts

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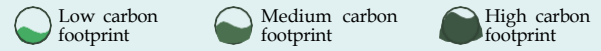
For allergen content please speak to a member of staff who will be happy to assist

**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
		<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>
<b>MAINS</b> Choose from:		Grilled Cumberland Sausage	Vegan Burger (Ve)	Classic Beef Roast of the Da	Minced Beef & Veg Cobbler	Oven Baked Breaded Fish
<b>sides</b>	Carb	Creamy Potato Mash	Sweet Potato Wedges	Stuffing & Spuds	Boiled New Potatoes	Chips
	Veg	Steamed Kale, Braised Red Onion	Selection of House Salads	Broccoli/Parsnips	Roasted Carrots	Peas & Carrots
<b>dips</b>		Gravy	Relish/ketchup	Gravy	Gravy	Tartare/Ketchup

ACT 2		Monday	Tuesday	Wednesday	Thursday	Friday
		<b>MEXICAN</b>	<b>PLANT+</b>	<b>ASIAN</b>	<b>SOUTH AMERICAN</b>	<b>ORIGINALS</b>
<b>MAINS</b> Choose from:		Birria Pork Taco	Sweet Potato & Cauliflower	Crispy Pork and vegetable st	Jerk Chicken & Pineapple K	Oven Baked Breaded Fish
<b>VEGGIE OPTION</b>		Bean and Pepper Quesadilla	Red Pepper & Bean Biryani	Quorn and Seasonal Vegetable Ramen	Black Bean Empanada	Vegan Nuggets
<b>sides</b>	Carb	Potato Salad	Bombay Pots/Rice	Rice/Noodles	Rice	Chips
	Veg	Green Beans /Salads	Sag Aloo	Broccoli	Corn on the Cob	Peas & Carrots
<b>dips</b>		Salsa/Mayo	Chutney/Raita	Sweet Chilli/Mayo	Gravy	Tartare/Ketchup

### Add a Dessert to your meal

<b>dessert</b>	Choice of Fresh Red and Green Apples , Oranges  and Bananas
	Seasonal Fruit Salad Pot , Black & Green Grape Pot , Mixed Melon Pot  and Organic Yoghurts

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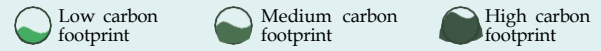
**AVAILABLE DAILY:**  
Jacket potatoes baked onsite with a daily choice of two toppings  
Mixed salad bar | Selection of seasonings | Wholesome soup bar | Deli grab & go range



# WEEKLY MENU

## WEEK THREE

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ACT 1		Monday	Tuesday	Wednesday	Thursday	Friday
		<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>	<b>ORIGINALS</b>
<b>MAINS</b> Choose from:		Pie Bar	Cheese & Tomato Quiche (V)	Quorn Fillet (Ve)	Southern Baked Quorn Bur	Fish Fingers
<b>sides</b>	Carb	Boiled New Potatoes	Rice	Stuffing & spuds	Potato Wedges	Chips
	Veg	Peas, corn & Broccoli	Kale/salad	Carrots & red cabbage	Broccoli/peas	Peas & Carrots
<b>dips</b>		Gravy	Mayo	Gravy	Ketchup/relish	Ketchup/Tartare

ACT 2		Monday	Tuesday	Wednesday	Thursday	Friday
		<b>ITALIAN</b>	<b>MIDDLE EAST</b>	<b>JAPANESE</b>	<b>PLANT+</b>	<b>ORIGINALS</b>
<b>MAINS</b> Choose from:		Carbonara Pizza	Shoulder of Pork with Crush	Teriyaki Chicken	Sweet Potato Chana Masala	Oven Baked Breaded Fish o
<b>VEGGIE OPTION</b>		Broccoli, Cheese and Sweetcorn Pasta	Veggie Shawarma	Veggie Yaki Udon Noodles	Chickpea and Spinach Curry	Margherita Pizza
<b>sides</b>	Carb	-	Sweet Potato Wedges	Noodles	Bombay Potatoes/Rice	Chips
	Veg	Mixed Salads	Shredded Salads	Green Beans	Salads with Pulses	Peas & Carrots
<b>dips</b>		Mayo/Dressing	Sweet Chilli/BBQ	Sweet Chilli/Soy	Chutney & Raita	Tartare/Ketchup

### Add a Dessert to your meal

<b>dessert</b>	Choice of Fresh Red and Green Apples , Oranges  and Bananas
	Seasonal Fruit Salad Pot , Black & Green Grape Pot , Mixed Melon Pot  and Organic Yoghurts

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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