






WEEK ONE MENU

WEEK COMMENCING: 8th Jan; 29th Jan; 26th Feb; 18th March;



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION PASTA & PIZZA BAR JACKET BAR GREENS & GRAINS THEME DAY COLD DELI	MAIN	Rich beef chilli con carne, crushed nachos	Doner & Salad Khobez Flatbread	Chicken & Vegetable Puff Pastry Pie	Katsu chicken and vegetable stir fry	Crispy battered fish with homemade tartare sauce
	VEGETARIAN	Mac 'n Cheese	Cheese, sweet potato, coriander and onion Quesadilla	Vegetable Korma with Rice	Red lentil coconut masala dal	Vegetarian Sloppy Joe Hotdog
	Freshly cooked Pasta & Toppings & with a tasty selection of Pizza & Toppings					
	Fresh Baked Jacket Potatoes with a selection of toppings					
	STARCH & VEG	Rice or Pasta Broccoli	Potato Wedges Winter Slaw	Roast Potatoes, Sweetcorn & Carrots	Vegetable Rice Green Beans	Chips, peas, baked beans
	 Burmese Fried Chicken Wrap Red cabbage salad, chilli & tamarind mayo	 The Ed Sheeran Burger Beef Burger with mac 'n' cheese, chipotle mayo & lettuce	 Megabite Panko Chicken Strips, Sweet potato wedges, House Slaw	 West China broccoli, sweetcorn & noodles	 Chickpea & Lentil Dahl with Himalayan Rice	
		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				






Food Allergies & Intolerance If you require information on allergens or suffer from a food intolerance please speak to a team member before you order your food or drinks.



WEEK TWO MENU

WEEK COMMENCING: 15th Jan; 5th Feb; 4th Mar



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION PASTA & PIZZA BAR JACKET BAR GREENS & GRAINS THEME DAY COLD DELI	MAIN	Minced beef cottage pie with a cheesy potato topping	MAIN Chicken, fresh basil & tomato pasta	MAIN Halal roast chicken with sage & onion stuffing	MAIN Chicken tikka masala	MAIN Fishcakes with lemon mayo
	VEGETARIAN	Tandoori Sweet Pepper and Paneer Khobez Flat Bread	VEGETARIAN Vegetable Bean Frittata	VEGETARIAN Root Vegetable & Lentil Cottage Pie, Gravy	VEGETARIAN Cheese & Mushroom pasta carbonara	VEGETARIAN Roasted Spiced Butternut, Cheese & Tomato Stromboli
	Freshly cooked Pasta & Toppings & with a tasty selection of Pizza & Toppings					
	Fresh Baked Jacket Potatoes with a selection of toppings					
	STARCH & VEG	New potatoes, carrots, Fruity Slaw	STARCH & VEG Garlic Bread Sweetcorn	STARCH & VEG Roast potatoes, braised red cabbage & green beans	STARCH & VEG Pilau Rice broccoli	STARCH & VEG Chips, peas, baked beans, or rainbow slaw
	THEME DAY	 The Taylor Swift Burger Southern Fried Chicken Burger, Cheese & Salad	 Keralan Chickpea & Red Pepper Curry Flatbread Crispy cauliflower, Bombay potatoes. Masala yogurt	 Vietnamese Lemongrass Chicken, Noodles, Chilli jam	 Sweet & sour pork & tamarind tiger wedges	 Kashmiri beef Keema Kati roll with pink pickled onions & masala fries
	COLD DELI	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				






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WEEK THREE MENU

WEEK COMMENCING: 22nd Jan; 19th Feb; 11th Mar



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION PASTA & PIZZA BAR JACKET BAR GREENS & GRAINS THEME DAY COLD DELI		MAIN Chicken & Sweetcorn lasagne VEGETARIAN Roasted Pepper & Mixed Bean Enchilada	MAIN Chicken sausage & Roasted red onion gravy VEGETARIAN Quorn sausages & onion gravy	MAIN Halal roast chicken & stuffing, Gravy VEGETARIAN Cauliflower Cheese Toad in the Hole	MAIN Panko chicken wrap, salad, choice of sauces VEGETARIAN Roasted vegetable & tomato puff pastry slice	MAIN Crispy battered fish with lemon mayo VEGETARIAN Homemade Vegetable Beanburger with Siracha Mayo
	Freshly cooked Pasta & Toppings & with a tasty selection of Pizza & Toppings					
	Fresh Baked Jacket Potatoes with a selection of toppings					
		STARCH & VEG New potatoes Spring greens	STARCH & VEG Mashed potatoes Green beans	STARCH & VEG Thyme roast potatoes, carrots, peas	STARCH & VEG Potato Wedges Chipotle Coleslaw	STARCH & VEG Chips, peas or baked beans
		 THE KSI BURGER Beef burger with cheese, salad, red onion, mayo	 Teriyaki Chicken Flatbread Chilli & spring onion fried rice, crispy onions, pickled cucumber	 Angel Wings Jerk chicken wings, Jamaican rice ‘n’ peas, tomato, mint & mango salsa	 Yokahama Chilli Chicken Ramen Pot	 Bengal Five Spiced Sausage Roll, Darjeeling Tibetan Chilli Sauce, Kachumber Salad
Selection of Grab & Go Snacks & premade Sandwiches						
Also Available Daily: Freshly made Cakes, Bakes, Fresh Fruit & a delicious selection of Sweet Desserts & Yoghurt						

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