






# WEEK ONE MENU

WEEK COMMENCING: 8<sup>th</sup> April; 29<sup>th</sup> April; 20<sup>th</sup> May; 17<sup>th</sup> June; 8<sup>th</sup> July;



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p><b>MAIN</b> Reduced carbon Ultimate beef &amp; bean chilli with wedges</p> <p><b>VEGETARIAN</b> Classic Mac 'n Cheese</p>	<p><b>MAIN</b> Lemon &amp; Herb Chicken Flatbread chopped salad, pink pickled onions, tzatziki</p> <p><b>VEGETARIAN</b> Loaded nachos with cheese, spring onions, fresh coriander and sauces</p>	<p><b>MAIN</b> Reduced carbon chicken &amp; squash tikka masala</p> <p><b>VEGETARIAN</b> Mushroom stroganoff</p>	<p><b>MAIN</b> Creamy Cajun chicken pasta bake</p> <p><b>VEGETARIAN</b> Cheese, tomato &amp; fresh herb quiche</p>	<p><b>MAIN</b> Crispy battered fish with homemade tartare sauce</p> <p><b>VEGETARIAN</b> Mashed potato &amp; bean puff pastry slice</p>
PASTA BAR & PIZZA BAR	Freshly cooked Pasta & Toppings & With a tasty selection of Pizza & Toppings				
JACKET POTATO BAR	Fresh Baked Jacket Potatoes with a selection of toppings				
GREENS AND GRAINS	<p><b>STARCH &amp; VEG</b> Potato Wedges House slaw</p>	<p><b>STARCH &amp; VEG</b> Chopped salad Coleslaw</p>	<p><b>STARCH &amp; VEG</b> Golden Rice Sweetcorn &amp; Carrots</p>	<p><b>STARCH &amp; VEG</b> New potatoes Green Beans</p>	<p><b>STARCH &amp; VEG</b> Chips, peas, baked beans</p>
THEME DAY	 <p><b>Teriyaki Chicken Flatbread</b> Chilli, spring onion fried rice, crispy onions</p>	 <p><b>The Raye Burger</b> Southern style chicken fillet burger with lettuce, tomato &amp; burger sauce</p>	 <p><b>Spicy Bird</b> Portugese Piri Piri chicken &amp; rainbow pepper rice stir fry</p>	 <p><b>Red lentil &amp; coconut Bombay dhal with fragrant rice</b></p>	 <p><b>Maharaja's Tikka beef &amp; chick pea keema rice pot topped with pink pickled onions &amp; minted yoghurt</b></p>
COLD DELI	<p>Selection of Grab &amp; Go Snacks &amp; pre made Sandwiches</p> <p><i>Also Available Daily:</i> Freshly made Cakes, Bakes, Fresh Fruit &amp; a delicious selection of Sweet Desserts &amp; Yoghurt</p>				






### 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: 15<sup>th</sup> April; 6<sup>th</sup> May; 3<sup>rd</sup> June; 24<sup>th</sup> June; 15<sup>th</sup> July



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p><b>MAIN</b> Reduced carbon minced beef cottage pie with a root veg topping</p> <p><b>VEGETARIAN</b> Smokey chipotle butternut, sweet pepper &amp; Mexican rice burrito bowl</p>	<p><b>MAIN</b> Chicken sausages &amp; mash, red onion gravy</p> <p><b>VEGETARIAN</b> Vegetarian Ratatouille Lasagne</p>	<p><b>MAIN</b> Roast chicken with sage &amp; onion stuffing &amp; gravy</p> <p><b>VEGETARIAN</b> Cheese &amp; potato pie</p>	<p><b>MAIN</b> Reduced carbon beef Bolognese &amp; pasta</p> <p><b>VEGETARIAN</b> Hand stretched roasted broccoli &amp; pepper pizza</p>	<p><b>MAIN</b> Crispy battered fish with lemon mayo</p> <p><b>VEGETARIAN</b> Homemade vegetable &amp; bean burger, salad &amp; burger sauce</p>
PASTA BAR & PIZZA BAR	<p>Freshly cooked Pasta &amp; Toppings &amp; With a tasty selection of Pizza &amp; Toppings</p>				
JACKET POTATO BAR	<p>Fresh Baked Jacket Potatoes with a selection of toppings</p>				
GREENS AND GRAINS	<p><b>STARCH &amp; VEG</b> New potatoes, Carrots, Fruity slaw</p>	<p><b>STARCH &amp; VEG</b> Baked beans, peas</p>	<p><b>STARCH &amp; VEG</b> Roast potatoes, Spring greens, thyme roasted carrots</p>	<p><b>STARCH &amp; VEG</b> Garlic bread Mixed salad</p>	<p><b>STARCH &amp; VEG</b> Chips, peas, baked beans, or rainbow slaw</p>
THEME DAY	 <p><b>The Bey Burger</b> Chicken Burger, Cheese, salad, chipotle mayo</p>	 <p>Shaved doner, pickled red cabbage &amp; salad in a Khobez flatbread</p>	 <p><b>Goan Beef &amp; Lentil Kofta</b> With tomato, mango &amp; pitta salad</p>	 <p><b>Megabite</b> Shredded crispy coated chicken strips in a wrap, salad, house slaw &amp; sauce</p>	 <p><b>"KFC"</b> Keralan Fried Chicken With masala fries &amp; Kerala spiced mayo</p>
COLD DELI	<p>Selection of Grab &amp; Go Snacks &amp; pre made Sandwiches</p> <p><i>Also Available Daily:</i> Freshly made Cakes, Bakes, Fresh Fruit &amp; a delicious selection of Sweet Desserts &amp; Yoghurt</p>				

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## WEEK THREE MENU

WEEK COMMENCING: 22<sup>nd</sup> April; 13<sup>th</sup> May; 10<sup>th</sup> June; 1<sup>st</sup> July; 22<sup>nd</sup> July



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p><b>MAIN</b> Reduced carbon honey chipotle chicken taco bowl</p> <p><b>VEGETARIAN</b> Vegetable &amp; noodle chow mien</p>	<p><b>MAIN</b> Reduced carbon beef lasagne</p> <p><b>VEGETARIAN</b> Minted pea, broccoli &amp; feta puff pastry tart</p>	<p><b>MAIN</b> Roast chicken &amp; stuffing, gravy</p> <p><b>VEGETARIAN</b> Quorn sausages &amp; gravy</p>	<p><b>MAIN</b> Spiced keema beef &amp; rice pot, mint yogurt sauce</p> <p><b>VEGETARIAN</b> Pasta with roasted vegetable &amp; tomato sauce</p>	<p><b>MAIN</b> Crispy battered fish with homemade tartare sauce</p> <p><b>VEGETARIAN</b> Loaded tiger wedges, with vegetable chilli, cheese &amp; spicy mayo</p>
PASTA BAR & PIZZA BAR	Freshly cooked Pasta & Toppings & With a tasty selection of Pizza & Toppings				
JACKET POTATO BAR	Fresh Baked Jacket Potatoes with a selection of toppings				
GREENS AND GRAINS	<p><b>STARCH &amp; VEG</b> Spring greens Mixed salad</p>	<p><b>STARCH &amp; VEG</b> Garlic slice Green beans</p>	<p><b>STARCH &amp; VEG</b> Thyme roast potatoes, carrots, peas</p>	<p><b>STARCH &amp; VEG</b> Sweetcorn, Chipotle Coleslaw</p>	<p><b>STARCH &amp; VEG</b> Chips, peas or baked beans</p>
THEME DAY	 <p><b>Return of the Mac... 'n' Cheese</b> Classic mac 'n' cheese with homemade garlic dough balls</p>	 <p><b>Spicy Chicken Currywurst Flatbread</b> Tater tots, slaw, currywurst ketchup, pickled onions</p>	 <p><b>Buffalo Joe</b> BBQ chicken, kiln fired flat bread, rice &amp; mixed salad</p>	 <p><b>Persian Lemon Vegetable Cous Cous</b> topped with feta &amp; tikka roasted peppers</p>	 <p><b>Shimla Onion Bhaji Burger</b> in a pitta bread with pink pickled onions, Kolkata street vendor mint chutney &amp; masala fries</p>
COLD DELI	<p>Selection of Grab &amp; Go Snacks &amp; pre made Sandwiches</p> <p><i>Also Available Daily:</i> Freshly made Cakes, Bakes, Fresh Fruit &amp; a delicious selection of Sweet Desserts &amp; Yoghurt</p>				

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