








LUNCH MENU WEEK ONE

WEEK COMMENCING: 6th January 27th January 24th February 17th March 7th April

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p>MAIN Traditional Bangers & Mash with Red Onion Gravy</p> <p>VEGETARIAN Quorn Sausage & Mash with Red Onion Gravy</p>	<p>MAIN Chicken Gyros Flatbread topped with Pickled Onions & Tzatziki</p> <p>VEGETARIAN Rajasthani Red Lentil Curry</p>	<p>MAIN Lemon & Thyme Roast Chicken</p> <p>VEGETARIAN Cheese & Potato Pie</p>	<p>MAIN Reduced Carbon Chicken, Squash & Lentil Tikka Masala</p> <p>VEGETARIAN Crunchy Topped Mac 'n' Cheese</p>	<p>MAIN Chip Shop 'Fryday' Fish, Pizza or Fishcake</p> <p>VEGETARIAN Sticky Barbecue Quorn Pitta Bread</p>
PASTA BAR & PIZZA BAR	<p>Freshly cooked Pasta & Toppings & With a tasty selection of Pizza & Toppings</p>				
JACKET POTATO BAR	<p>Fresh Baked Jacket Potatoes with a selection of toppings</p>				
GREENS & GRAINS	<p>STARCH & VEG Mashed Potato Garden Peas</p>	<p>STARCH & VEG Herby Slaw Pilau Rice Sweetcorn</p>	<p>STARCH & VEG New Potatoes Buttered Carrots Baked Beans</p>	<p>STARCH & VEG Naan Bread Seasonal Salad Basmati Rice</p>	<p>STARCH & VEG Chips, Peas, Baked Beans</p>
THEME DAY	 <p>Burmese Fried Chicken Rainbow Slaw, Chilli & Tamarind Mayo</p>	 <p>The Ed Sheeran Burger Beef Burger with Bacon, Cheese & Chipotle Mayo</p>	 <p>Mega Bite Panko Chicken With Sweet Potato Wedges & House Slaw</p>	 <p>Szechuan Chicken Noodles Topped with carrot ribbons & soy sauce</p>	 <p>Bengal Five Spice Sausage Roll Darjeeling Tibetan Chilli Sauce, Kachumber Salad</p>
COLD DELI	<p>Selection of Grab & Go Snacks & pre made Sandwiches <i>Also Available Daily</i> Freshly made Cakes, Bakes, Fresh Fruit & a delicious selection of Sweet Desserts & Yoghurt</p>				






FOOD ALLERGIES & INTOLERANCES

If you require information on allergens or suffer from a food intolerance, please speak to a team member before you order food or drinks



LUNCH MENU WEEK TWO

WEEK COMMENCING: 13th January 3rd February 3rd March 31st March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p>MAIN Kung Pao Chicken & Vegetable Egg Noodles</p> <p>VEGETARIAN Cajun Bean Burger</p>	<p>MAIN Reduced Carbon Ultimate Beef & Bean Chilli Con Carne</p> <p>VEGETARIAN Spanish Omelette</p>	<p>MAIN Traditional Roast Chicken & Stuffing</p> <p>VEGETARIAN Vegetable Lasagne</p>	<p>MAIN Creamy Garlic & Herb Chicken Pasta Bake</p> <p>VEGETARIAN Sweet Potato, Spinach & Chickpea Curry</p>	<p>MAIN Chip Shop 'Fryday' Fish, Pizza or Fishcake</p> <p>VEGETARIAN Home Made Vegan Sausage Roll</p>
PASTA BAR & PIZZA BAR	<p>Freshly cooked Pasta & Toppings & With a tasty selection of Pizza & Toppings</p>				
JACKET POTATO BAR	<p>Fresh Baked Jacket Potatoes with a selection of toppings</p>				
GREENS & GRAINS	<p>STARCH & VEG Paprika Wedges Sweetcorn</p>	<p>STARCH & VEG Boiled Rice Crushed Nachos Seasonal Salad</p>	<p>STARCH & VEG Roast Potatoes Spring Greens Garlic Slice</p>	<p>STARCH & VEG Garden Salad Pilau Rice</p>	<p>STARCH & VEG Chips, Peas, Baked Beans</p>
THEME DAY	 <p>The Miley Cyrus Stack Crispy Buttermilk Chicken Burger topped with Cheese, Tata Tots & Sweet Chilli</p>	 <p>Vegan Buddha Taco Bowl Served with salsa Verde, refried beans & Cajun corn</p>	 <p>Sweet Chilli Chicken Noodles Topped with spring onion, fresh chilli & prawn crackers</p>	 <p>Piri Piri Chicken Wings Served with Spicy Vegetable Rice & Mango Salsa</p>	 <p>Nigerian Style Beef Jollof Served with a Minted Yoghurt Dressing</p>
COLD DELI	<p>Selection of Grab & Go Snacks & pre made Sandwiches <i>Also Available Daily</i> Freshly made Cakes, Bakes, Fresh Fruit & a delicious selection of Sweet Desserts & Yoghurt</p>				






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LUNCH MENU WEEK THREE

WEEK COMMENCING: 20th January 10th February 10th March 31st March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p>MAIN Jerk Chicken with Rice & Peas</p> <p>VEGETARIAN Roasted Tomato & Mozzarella Pasta Bake</p>	<p>MAIN Reduced Carbon Beef Ragu Lasagne</p> <p>VEGETARIAN Vegetable Chana Masala</p>	<p>MAIN Chicken & Vegetable Pie</p> <p>VEGETARIAN Veggie Sausage Toad in the Hole & Gravy</p>	<p>MAIN Mexican Chicken Burrito topped with Sour Cream</p> <p>VEGETARIAN Cheese & Tomato Quiche</p>	<p>MAIN Chip Shop 'Fryday' Fish, Pizza or Fishcake</p> <p>VEGETARIAN Veggie Calzone</p>
PASTA BAR & PIZZA BAR	<p>Freshly cooked Pasta & Toppings & With a tasty selection of Pizza & Toppings</p>				
JACKET POTATO BAR	<p>Fresh Baked Jacket Potatoes with a selection of toppings</p>				
GREENS & GRAINS	<p>STARCH & VEG Seasonal Salad Sweetcorn</p>	<p>STARCH & VEG Garlic Slice Basmati Rice Broccoli Florets</p>	<p>STARCH & VEG Mashed Potato Garden Peas</p>	<p>STARCH & VEG Chopped Salad Crunchy Slaw New Potatoes</p>	<p>STARCH & VEG Chips, Peas or Baked Beans</p>
THEME DAY	 <p>Chilli Dawg Classic Hot Dog Topped with Chilli Beef & Crispy Onion</p>	 <p>Chicken Biryani Burrito Served with chutney & coriander</p>	 <p>Get Him to the Greek! Chicken Gyros Served with Fries, Salad & Tzatziki</p>	 <p>Vegan Hoi Sin Yuk Sung Served with Spring Onion, Water Chestnuts & Crispy Vermicelli</p>	 <p>Butter Chicken Curry Served with Basmati Rice, Garlic & Coriander Naan Bread</p>
COLD DELI	<p>Selection of Grab & Go Snacks & pre made Sandwiches <i>Also Available Daily</i> Freshly made Cakes, Bakes, Fresh Fruit & a delicious selection of Sweet Desserts & Yoghurt</p>				

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