



# LUNCH MENU WEEK ONE

WEEK COMMENCING: 1<sup>st</sup> September 22<sup>nd</sup> September 13<sup>th</sup> October, 10<sup>th</sup> November 1<sup>st</sup> December

|                       | MONDAY                                                                                                                                                                                                                    | TUESDAY                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                  | THURSDAY                                                                                                                                                                                                                | FRIDAY                                                                                                                                                                                                           |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MAIN STATION          | <b>MAIN</b><br>Traditional Bangers & Mash<br><br><b>VEGETARIAN</b><br>Quorn Sausage & Mash                                                                                                                                | <b>MAIN</b><br>Malaysian Chicken Curry<br><br><b>VEGETARIAN</b><br>Sweet Potato & Spinach Falafel Wrap                                                                        | <b>MAIN</b><br>Garlic & Herb Roast Chicken<br><br><b>VEGETARIAN</b><br>Creamy Vegetable Pie                                                                                | <b>MAIN</b><br>Reduced Carbon Spaghetti Bolognese<br><br><b>VEGETARIAN</b><br>Jacket Skins Topped with Smokey Vegetable Chilli                                                                                          | <b>MAIN</b><br>Crispy Battered Fish with Lemon & Cracked Black Pepper Mayo<br><br><b>VEGETARIAN</b><br>Vegan Dog with Ketchup & Crispy Onions                                                                    |
| PASTA BAR & PIZZA BAR | Freshly cooked Pasta & Toppings<br>&<br>With a tasty selection of Pizza & Toppings                                                                                                                                        |                                                                                                                                                                               |                                                                                                                                                                            |                                                                                                                                                                                                                         |                                                                                                                                                                                                                  |
| JACKET POTATO BAR     | Fresh Baked Jacket Potatoes with a selection of toppings                                                                                                                                                                  |                                                                                                                                                                               |                                                                                                                                                                            |                                                                                                                                                                                                                         |                                                                                                                                                                                                                  |
| GREENS & GRAINS       | <b>STARCH &amp; VEG</b><br>Creamy Mashed Potatoes<br>Garden Peas                                                                                                                                                          | <b>STARCH &amp; VEG</b><br>Fragrant Rice<br>Sweetcorn                                                                                                                         | <b>STARCH &amp; VEG</b><br>Crispy Roasties<br>Seasonal Greens<br>Glazed Carrots                                                                                            | <b>STARCH &amp; VEG</b><br>Garlic Slice<br>Chopped Salad                                                                                                                                                                | <b>STARCH &amp; VEG</b><br>Chipped Potatoes<br>Garden Peas<br>Baked Beans                                                                                                                                        |
| THEME DAY             |  <b>WRAP SHACK</b><br>Jackfruit Mulitas<br><br>Jackfruit with Peppers & Onion Served in a Toasted Tortilla Wrap topped with Salsa Roja |  <b>The 'Lizzo'</b><br><br>Beef Pattie Topped with Cheese, Lettuce, Tomato & Burger Relish |  <b>'The Classic'</b><br>Home Made Buttermilk Chicken Strips with French Fries & Sauces |  <b>HALO</b><br>FOOD TRUCK CO.<br><br><b>Rainbow Vegetable Wrap</b><br><br>Char Grilled Sweet Chilli Vegetables with Spring Onions |  <b>RUBY RAILWAY CO.</b><br><br><b>Vegetable Unidhiyu</b><br>served with Roti, Achaari & Ruby Red Beetroot Yoghurt Dressing |
| COLD DELI             | Selection of Grab & Go Snacks & pre made Sandwiches<br><i>Also Available Daily</i> Freshly made Cakes, Bakes, Fresh Fruit & a delicious selection of Sweet Desserts & Yoghurt                                             |                                                                                                                                                                               |                                                                                                                                                                            |                                                                                                                                                                                                                         |                                                                                                                                                                                                                  |

## 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: 8<sup>th</sup> September, 29<sup>th</sup> September, 20<sup>th</sup> October 17<sup>th</sup> November 24<sup>th</sup> November  
8<sup>th</sup> December

|                       | MONDAY                                                                                                                                                                                                | TUESDAY                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                    | THURSDAY                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                                                     |
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| MAIN STATION          | <p><b>MAIN</b><br/>Sticky Barbecue Chicken with Savoury Vegetable Rice</p> <p><b>VEGETARIAN</b><br/>Roast Vegetable &amp; Mozzarella Stromboli</p>                                                    | <p><b>MAIN</b><br/>Loaded Hot Dog</p> <p><b>VEGETARIAN</b><br/>Black Bean Quinoa Burger with Spicy Mayo</p>                                                                              | <p><b>MAIN</b><br/>Reduced Carbon Minced Beef &amp; Onion Pie</p> <p><b>VEGETARIAN</b><br/>Vegetable Wellington</p>                                                          | <p><b>MAIN</b><br/>Reduced Carbon Garlic Chilli Chicken Curry</p> <p><b>VEGETARIAN</b><br/>Macaroni Cheese</p>                                                                                                    | <p><b>MAIN</b><br/>Fish Fingers with Tartare Sauce</p> <p><b>VEGETARIAN</b><br/>Cheesy Bean Burrito</p>                                                                                                    |
| PASTA BAR & PIZZA BAR | Freshly cooked Pasta & Toppings<br>&<br>With a tasty selection of Pizza & Toppings                                                                                                                    |                                                                                                                                                                                          |                                                                                                                                                                              |                                                                                                                                                                                                                   |                                                                                                                                                                                                            |
| JACKET POTATO BAR     | Fresh Baked Jacket Potatoes with a selection of toppings                                                                                                                                              |                                                                                                                                                                                          |                                                                                                                                                                              |                                                                                                                                                                                                                   |                                                                                                                                                                                                            |
| GREENS & GRAINS       | <b>STARCH &amp; VEG</b><br>Dressed Slaw<br>Garden Peas                                                                                                                                                | <b>STARCH &amp; VEG</b><br>Paprika Wedges<br>Sweetcorn                                                                                                                                   | <b>STARCH &amp; VEG</b><br>New Potatoes<br>Broccoli<br>Cauliflower                                                                                                           | <b>STARCH &amp; VEG</b><br>Pilau Rice<br>Garlic Bread<br>Seasonal Salad                                                                                                                                           | <b>STARCH &amp; VEG</b><br>Chipped Potatoes<br>Garden Peas<br>Baked Beans                                                                                                                                  |
| THEME DAY             |  <p><b>The 'XCX' Tower Burger</b></p> <p>Southern Fried Chicken, Hash Brown, Cheese, Salad &amp; Chipotle Mayo</p> |  <p><b>Spicy Beef Tostados</b></p> <p>with shredded iceberg lettuce, sour cream &amp; salsa verde</p> |  <p><b>Vegan Penne Pasta</b></p> <p>Tomato &amp; Garlic Confit Sauce with Fresh Basil</p> |  <p><b>'Tex Mex' Wrap</b></p> <p>Grilled Fajita Chicken Strips, Nachos, melted cheese with Jalapenos &amp; Mexican Salsa</p> |  <p><b>Vegetable Biryani</b></p> <p>With spiced mango salad, cool yoghurt dip and topped with pink pickled onions</p> |
| COLD DELI             | Selection of Grab & Go Snacks & pre made Sandwiches<br><i>Also Available Daily</i> Freshly made Cakes, Bakes, Fresh Fruit & a delicious selection of Sweet Desserts & Yoghurt                         |                                                                                                                                                                                          |                                                                                                                                                                              |                                                                                                                                                                                                                   |                                                                                                                                                                                                            |

## FOOD ALLERGIES & INTOLERANCES

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# LUNCH MENU WEEK THREE

WEEK COMMENCING: 15<sup>th</sup> September 6<sup>th</sup> October 3<sup>rd</sup> November 24<sup>th</sup> November 15<sup>th</sup> December

|                          | MONDAY                                                                                                                                                                                                | TUESDAY                                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                          | THURSDAY                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                               |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MAIN STATION             | <b>MAIN</b><br>Reduced Carbon<br>Tandoori<br>Chicken<br>Flatbread<br>Topped with<br>Riata<br><br><b>VEGETARIAN</b><br>Vegetable<br>Meatballs with<br>Spaghetti                                        | <b>MAIN</b><br>Traditional<br>Cottage Pie<br><br><b>VEGETARIAN</b><br>Cheese & Potato<br>Puff Pastry Slice                                                                                | <b>MAIN</b><br>Roast Chicken<br>Served with<br>Sage & Onion<br>Stuffing<br><br><b>VEGETARIAN</b><br>Roast Pepper<br>Quiche                                                                         | <b>MAIN</b><br>Reduced Carbon<br>Chilli con Carne<br>with Rice or<br>Nachos<br><br><b>VEGETARIAN</b><br>Sweet Potato,<br>Spinach &<br>Chickpea Balti<br>served with Rice                                     | <b>MAIN</b><br>Breaded Fish<br>Fillet Burger with<br>Lemon Wedge<br><br><b>VEGETARIAN</b><br>Stuffed Crust<br>Margherita Pizza                                                                       |
| PASTA BAR &<br>PIZZA BAR | Freshly cooked Pasta & Toppings<br>&<br>With a tasty selection of Pizza & Toppings                                                                                                                    |                                                                                                                                                                                           |                                                                                                                                                                                                    |                                                                                                                                                                                                              |                                                                                                                                                                                                      |
| JACKET<br>POTATO BAR     | Fresh Baked Jacket Potatoes with a selection of toppings                                                                                                                                              |                                                                                                                                                                                           |                                                                                                                                                                                                    |                                                                                                                                                                                                              |                                                                                                                                                                                                      |
| GREENS &<br>GRAINS       | <b>STARCH &amp; VEG</b><br>Winter Slaw<br>Sweetcorn                                                                                                                                                   | <b>STARCH &amp; VEG</b><br>Vegetable<br>Medley<br>Baked Beans                                                                                                                             | <b>STARCH &amp; VEG</b><br>Buttered New<br>Potatoes<br>Roasted Roots                                                                                                                               | <b>STARCH &amp; VEG</b><br>Rice<br>Green Beans                                                                                                                                                               | <b>STARCH &amp; VEG</b><br>Chipped<br>Potatoes<br>Baked Beans<br>Garden Peas                                                                                                                         |
| THEME DAY                | <br><b>Snoop 'Dog'</b><br>Jumbo Hot Dog<br>topped with<br>Mixed Peppers,<br>Caramelised<br>Onion & Cheese<br>Sauce | <br><b>Chicken Burrito<br/>Wrap</b><br><br>Wrap filled with<br>Spiced Chicken<br>Rice, Beans &<br>Corn | <br><b>Chicken Chow<br/>Mein</b><br><br>Chicken Stir<br>Fried with<br>Vegetables, Egg<br>Noodles & Soy<br>Sauce | <br><b>The Posh<br/>'Pot Noodle'</b><br><br>Vegetable<br>Ramen Topped<br>with Sliced<br>Spring Onions &<br>Fresh Chilli | <br><b>Traditional<br/>Chicken Korma</b><br><br>Served with<br>Pilau Rice, Mini<br>Naan, Topped<br>with Chutney |
| COLD DELI                | Selection of Grab & Go Snacks & premade Sandwiches<br><i>Also Available Daily</i> Freshly made Cakes, Bakes, Fresh Fruit & a delicious<br>selection of Sweet Desserts & Yoghurt                       |                                                                                                                                                                                           |                                                                                                                                                                                                    |                                                                                                                                                                                                              |                                                                                                                                                                                                      |

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