

# LUNCH MENU WEEK ONE

WEEK COMMENCING: 5<sup>th</sup> January 26<sup>th</sup> January 23<sup>rd</sup> February 16<sup>th</sup> March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<b>MAIN</b> Chicken Gyros Topped with Tzatziki  <b>VEGETARIAN</b> Reduced Carbon Veggie Bean Burrito	<b>MAIN</b> Nigerian Beef Jollof  <b>VEGETARIAN</b> Roasted Vegetable Lasagne	<b>MAIN</b> Roast Pork Loin & Stuffing  <b>VEGETARIAN</b> Quorn Sausage Toad in the Hole	<b>MAIN</b> Reduced Carbon Sweet Chilli Chicken Served with Stir Fried Noodles  <b>VEGETARIAN</b> Caramelised Red Onion & Cheddar Quiche	<b>MAIN</b> Crispy Battered Fish  <b>VEGETARIAN</b> Vegetarian Sloppy Joe Hot Dog
PASTA BAR & PIZZA BAR	<b>Freshly cooked Pasta &amp; Toppings</b> <b>&amp;</b> <b>With a tasty selection of Pizza &amp; Toppings</b>				
JACKET POTATO BAR	<b>Fresh Baked Jacket Potatoes with a selection of toppings</b>				
GREENS & GRAINS	<b>STARCH &amp; VEG</b> Cajun Wedges Sweetcorn	<b>STARCH &amp; VEG</b> Garlic Bread Vegetable Medley	<b>STARCH &amp; VEG</b> Crispy Roasties Seasonal Vegetables	<b>STARCH &amp; VEG</b> New Potatoes Sweetcorn Rainbow Slaw	<b>STARCH &amp; VEG</b> Chipped Potatoes Garden Peas Baked Beans
THEME DAY	 <b>WRAP SHACK</b>  <b>Buffalo Chicken Tortilla Wrap</b> Breaded Chicken & Vegetables Drizzled with Buffalo BBQ Sauce	 <b>JUKES DINER</b> <b>The '6,7'</b>  Reduced Carbon Beef Burger topped with streaky bacon, cheddar cheese, gherkins and burger sauce	 <b>The Cluck Shop.</b> <b>'The Megabite'</b>  Panko Chicken Strips Served with Chunky Sweet Potato Wedges & Chipotle Slaw	 <b>HALO</b> FOOD TRUCK CO.  <b>Sweet &amp; Sour Pork</b> Served with Tamarind Tiger Wedges	 <b>BANG!</b> curry.  <b>Chicken Tikka Naanwich</b>
COLD DELI	<b>Selection of Grab &amp; Go Snacks &amp; premade Sandwiches</b> <b>Also Available Daily</b> 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: 12<sup>th</sup> January 2<sup>nd</sup> February 2<sup>nd</sup> March 23<sup>rd</sup> March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<b>MAIN</b> Mexican Chicken Burrito topped with Cheese & Salsa  <b>VEGETARIAN</b> Pasta Primavera al Forno	<b>MAIN</b> Reduced carbon Beef Lasagne, Garlic Slice  <b>VEGETARIAN</b> Chana Saag Balti	<b>MAIN</b> Roast Garlic & Herb Chicken  <b>VEGETARIAN</b> Reduced Carbon Shepherdess Pie Served with Onion Gravy	<b>MAIN</b> Reduced Carbon Chicken Tikka Masala  <b>VEGETARIAN</b> Onion Bhaji Burger with Masala Wedges & Dahi Chutney	<b>MAIN</b> Fish Finger Wrap with Lemon & Herb Aioli Or Fish Fingers & Chips  <b>VEGETARIAN</b> Home Made Vegan Sausage Roll
PASTA BAR & PIZZA BAR	<b>Freshly cooked Pasta &amp; Toppings &amp; With a tasty selection of Pizza &amp; Toppings</b>				
JACKET POTATO BAR	<b>Fresh Baked Jacket Potatoes with a selection of toppings</b>				
GREENS & GRAINS	<b>STARCH &amp; VEG</b> Sweetcorn Garden Salad	<b>STARCH &amp; VEG</b> Basmati Rice Green Beans	<b>STARCH &amp; VEG</b> Roast Potatoes Broccoli Cauliflower	<b>STARCH &amp; VEG</b> Pilau Rice Seasonal Salad Spiced Slaw	<b>STARCH &amp; VEG</b> Chipped Potatoes Garden Peas Baked Beans
THEME DAY	 <b>The 'Benson' Burger</b> Southern Fried Chicken, Sliced Cheese, Hash Brown, Lettuce & Mayo	 <b>Smoky Beef Tostados</b> with shredded iceberg lettuce, spicy mayo & salsa verde	 <b>Vegan Penne Pasta</b> Roasted Vegetable, Tomato & Garlic Sauce with Fresh Basil	 <b>"Angel Wings'</b> Jerk Chicken Wings Served with Jewelled Rice & Mango Salsa	 <b>Naga Beef Keema with Pickled Pink Onions &amp; Cool Yoghurt Sauce</b>
COLD DELI	<b>Selection of Grab &amp; Go Snacks &amp; premade Sandwiches</b> <b>Also Available Daily</b> 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: 19<sup>th</sup> January 9<sup>th</sup> February 9<sup>th</sup> March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<b>MAIN</b> Chicken Sausage with Mashed Potato & Onion Gravy  <b>VEGETARIAN</b> Stuffed Crust Margherita Pizza	<b>MAIN</b> Reduced Carbon Spaghetti Bolognese  <b>VEGETARIAN</b> Cheese & Potato Puff Pastry Slice	<b>MAIN</b> Honey Glazed Gammon  <b>VEGETARIAN</b> Mac & Cheese Garlic Bread	<b>MAIN</b> Naked Chicken Katsu Curry  <b>VEGETARIAN</b> Red Lentil & Coconut Masala Dhal	<b>MAIN</b> Breaded Fish with Lemon Wedge  <b>VEGETARIAN</b> Spicy Cajun Bean Burger
PASTA BAR & PIZZA BAR	<b>Freshly cooked Pasta &amp; Toppings &amp; With a tasty selection of Pizza &amp; Toppings</b>				
JACKET POTATO BAR	<b>Fresh Baked Jacket Potatoes with a selection of toppings</b>				
GREENS & GRAINS	<b>STARCH &amp; VEG</b> Mashed Potato Garden Peas House Slaw	<b>STARCH &amp; VEG</b> Broccoli Baked Beans New potatoes	<b>STARCH &amp; VEG</b> Buttered New Potatoes Roasted Roots Mixed Salad	<b>STARCH &amp; VEG</b> Jewelled Rice Green Beans	<b>STARCH &amp; VEG</b> Chipped Potatoes Baked Beans Garden Peas
THEME DAY	 <b>The 'Brando' Dog</b> Hot Dog topped with chilli, mustard, onions & cheese	 <b>The Chimichanga</b> Topped with Spicy Mayo & Salsa	 <b>Spicy Bird</b> Portuguese Style Piri Piri Chicken Served with Rainbow Pepper Rice Stir Fry	 <b>The Posh 'Pot Noodle'</b> Vegetable Ramen Topped with Sliced Spring Onions & Fresh Chilli	 <b>Leek pakoras with tamarind chutney, cucumber &amp; mint raita &amp; chopped salad</b>
COLD DELI	<b>Selection of Grab &amp; Go Snacks &amp; premade Sandwiches</b> <b>Also Available Daily</b> Freshly made Cakes, Bakes, Fresh Fruit & a delicious selection of Sweet Desserts & Yoghurt				

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