








LUNCH MENU WEEK ONE

WEEK COMMENCING: 5th January 26th January 23rd February 16th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p>MAIN Chicken Gyros Topped with Tzatziki</p> <p>VEGETARIAN Reduced Carbon Veggie Bean Burrito</p>	<p>MAIN Nigerian Beef Jollof</p> <p>VEGETARIAN Roasted Vegetable Lasagne</p>	<p>MAIN Roast Pork Loin & Stuffing</p> <p>VEGETARIAN Quorn Sausage Toad in the Hole</p>	<p>MAIN Reduced Carbon Sweet Chilli Chicken Served with Stir Fried Noodles</p> <p>VEGETARIAN Caramelised Red Onion & Cheddar Quiche</p>	<p>MAIN Crispy Battered Fish</p> <p>VEGETARIAN Vegetarian Sloppy Joe Hot Dog</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 Cajun Wedges Sweetcorn</p>	<p>STARCH & VEG Garlic Bread Vegetable Medley</p>	<p>STARCH & VEG Crispy Roasties Seasonal Vegetables</p>	<p>STARCH & VEG New Potatoes Sweetcorn Rainbow Slaw</p>	<p>STARCH & VEG Chipped Potatoes Garden Peas Baked Beans</p>
THEME DAY	 <p>WRAP SHACK</p> <p>Buffalo Chicken Tortilla Wrap</p> <p>Breaded Chicken & Vegetables Drizzled with Buffalo BBQ Sauce</p>	 <p>LUKE'S DINER</p> <p>The '6,7'</p> <p>Reduced Carbon Beef Burger topped with streaky bacon, cheddar cheese, gherkins and burger sauce</p>	 <p>The Cluck Shop.</p> <p>'The Megabite'</p> <p>Panko Chicken Strips Served with Chunky Sweet Potato Wedges & Chipotle Slaw</p>	 <p>HALO FOOD TRUCK CO.</p> <p>Sweet & Sour Pork</p> <p>Served with Tamarind Tiger Wedges</p>	 <p>BANG! curry</p> <p>Chicken Tikka Naanwich</p>
COLD DELI	<p>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</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: 12th January 2nd February 2nd March 23rd March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p>MAIN Mexican Chicken Burrito topped with Cheese & Salsa</p> <p>VEGETARIAN Pasta Primavera al Forno</p>	<p>MAIN Reduced carbon Beef Lasagne, Garlic Slice</p> <p>VEGETARIAN Chana Saag Balti</p>	<p>MAIN Roast Garlic & Herb Chicken</p> <p>VEGETARIAN Reduced Carbon Shepherdess Pie Served with Onion Gravy</p>	<p>MAIN Reduced Carbon Chicken Tikka Masala</p> <p>VEGETARIAN Onion Bhaji Burger with Masala Wedges & Dahi Chutney</p>	<p>MAIN Fish Finger Wrap with Lemon & Herb Aioli Or Fish Fingers & Chips</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 Sweetcorn Garden Salad</p>	<p>STARCH & VEG Basmati Rice Green Beans</p>	<p>STARCH & VEG Roast Potatoes Broccoli Cauliflower</p>	<p>STARCH & VEG Pilau Rice Seasonal Salad Spiced Slaw</p>	<p>STARCH & VEG Chipped Potatoes Garden Peas Baked Beans</p>
THEME DAY	 <p>The 'Benson' Burger Southern Fried Chicken, Sliced Cheese, Hash Brown, Lettuce & Mayo</p>	 <p>Smoky Beef Tostados with shredded iceberg lettuce, spicy mayo & salsa verde</p>	 <p>Vegan Penne Pasta Roasted Vegetable, Tomato & Garlic Sauce with Fresh Basil</p>	 <p>"Angel Wings" Jerk Chicken Wings Served with Jewelled Rice & Mango Salsa</p>	 <p>Naga Beef Keema with Pickled Pink Onions & Cool Yoghurt Sauce</p>
COLD DELI	<p>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</p>				






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LUNCH MENU WEEK THREE

WEEK COMMENCING: 19th January 9th February 9th March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	MAIN Chicken Sausage with Mashed Potato & Onion Gravy VEGETARIAN Stuffed Crust Margherita Pizza	MAIN Reduced Carbon Spaghetti Bolognese VEGETARIAN Cheese & Potato Puff Pastry Slice	MAIN Honey Glazed Gammon VEGETARIAN Mac & Cheese Garlic Bread	MAIN Naked Chicken Katsu Curry VEGETARIAN Red Lentil & Coconut Masala Dhal	MAIN Breaded Fish with Lemon Wedge VEGETARIAN Spicy Cajun Bean Burger
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 & GRAINS	STARCH & VEG Mashed Potato Garden Peas House Slaw	STARCH & VEG Broccoli Baked Beans New potatoes	STARCH & VEG Buttered New Potatoes Roasted Roots Mixed Salad	STARCH & VEG Jewelled Rice Green Beans	STARCH & VEG Chipped Potatoes Baked Beans Garden Peas
THEME DAY	 The 'Brando' Dog Hot Dog topped with chilli, mustard, onions & cheese	 The Chimichanga Topped with Spicy Mayo & Salsa	 Spicy Bird Portuguese Style Piri Piri Chicken Served with Rainbow Pepper Rice Stir Fry	 The Posh 'Pot Noodle' Vegetable Ramen Topped with Sliced Spring Onions & Fresh Chilli	 BANG! curry Leek pakoras with tamarind chutney, cucumber & mint raita & chopped salad
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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