








LUNCH MENU WEEK ONE

WEEK COMMENCING: 13th April 4th May 1st June 22nd June 13th July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p>MAIN Posh Dogs with Topped with Crispy Onion & Relish</p> <p>VEGETARIAN The Big Plant Burger</p>	<p>MAIN Barbecue Chicken with Savoury Rice</p> <p>VEGETARIAN Roasted Vegetable Lasagne</p>	<p>MAIN Minced Beef & Onion Pie</p> <p>VEGETARIAN Spring Vegetable Casserole</p>	<p>MAIN Creamy Chicken Al Fredo</p> <p>VEGETARIAN Eat Curious Chicken Style Korma with Pilau Rice</p>	<p>MAIN Battered Fish Served with Home-Made Tartare Sauce</p> <p>VEGETARIAN Cheese & Bean Burrito</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 Broccoli</p>	<p>STARCH & VEG Mashed Potatoes Buttered Carrots Garden Peas</p>	<p>STARCH & VEG Chopped Salad Sweetcorn Rainbow Slaw</p>	<p>STARCH & VEG Chipped Potatoes Garden Peas Baked Beans</p>
THEME DAY	 <p>Teriyaki Chicken Flatbread Chilli & spring onion fried rice, crispy onions, pickled cucumber</p>	 <p>The 'Lizzo' Beef Pattie Topped with Cheese, Lettuce, Tomato & Burger Relish</p>	 <p>'The Classic' Home Made Buttermilk Chicken Strips with French Fries & Sauces</p>	 <p>Halloumi Burger Fried halloumi burger topped sriracha mayo, salad & pickled red onions</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: 20th April 11th May 8th June 29th June

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p>MAIN Piri Piri Chicken, Spicy Rice & Macho Peas</p> <p>VEGETARIAN Vegetable Stromboli</p>	<p>MAIN Beef Bolognese Pasta Bake</p> <p>VEGETARIAN Roasted Mediterranean Quiche</p>	<p>MAIN -The Classic- Roast Chicken</p> <p>VEGETARIAN Macaroni Cheese Drizzled with Barbecue Sauce & Crispy Onions</p>	<p>MAIN Lemon Herb Chicken Wraps with Tzatziki</p> <p>VEGETARIAN Vegetable Ratatouille Served with Cous Cous</p>	<p>MAIN Jumbo Fish Fingers</p> <p>VEGETARIAN Home Made Vegetable Nuggets</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 Spicy Rice Florida Slaw</p>	<p>STARCH & VEG Crushed New Potatoes Seasonal Salads</p>	<p>STARCH & VEG Thyme Roast Potatoes Glazed Roots Garlic Slice</p>	<p>STARCH & VEG Cous Cous Spiced Slaw Greek Salad</p>	<p>STARCH & VEG Chipped Potatoes Garden Peas Baked Beans</p>
THEME DAY	 <p>Sloppy Joe Hot Dog topped with Chilli, Cheese & Crispy Onion</p>	 <p>Smoky Beef Tostados with shredded iceberg lettuce, sour cream & salsa verde</p>	 <p>Rainbow Vegetable Wrap Char Grilled Vegetables with Crumbled Feta & Fresh Mint</p>	 <p>Mega Bite Southern Fried Chicken Strips with Cajun Tata Tots & Slaw</p>	 <p>Bengal Five Spiced Sausage Roll Darjeeling Tibetan Chilli Sauce, Kachumber Salad</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: 27th April 18th May 15th June 6th July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p>MAIN The 'New Yorker' Burger</p> <p>VEGETARIAN Lebanese Falafel Wrap Topped with Amba Sauce</p>	<p>MAIN Chicken & Sweetcorn Lasagne</p> <p>VEGETARIAN Grilled Vegetable & Pesto Flatbread Served with Charred Corn</p>	<p>MAIN Honey Glazed Roast Gammon</p> <p>VEGETARIAN Mushroom, Courgette & Spinach Frittata</p>	<p>MAIN Indonesian Chicken Curry with Pak Choi & Steamed Rice</p> <p>VEGETARIAN Penne All' Arrabbiata Served with Arugula Salad</p>	<p>MAIN Battered Fish Fillet with Lemon Aioli</p> <p>VEGETARIAN Loaded Veggie 'Dawg'</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 Baked Wedges House Slaw Tabbouleh Salad</p>	<p>STARCH & VEG Chefs Salad Garlic & Herb Slice</p>	<p>STARCH & VEG Buttered New Potatoes Seasonal Greens</p>	<p>STARCH & VEG Vegetable Medley Rainbow Salad</p>	<p>STARCH & VEG Chipped Potatoes Baked Beans Garden Peas</p>
THEME DAY	 <p>Return of the Mac...n' Cheese Classic mac 'n' cheese topped with crispy onion & bacon bits</p>	 <p>Jackfruit Mulitas Jackfruit with Peppers & Onion Served in a Toasted Tortilla Wrap topped with Salsa Roja</p>	 <p>Dirty Wings Jerk Chicken with honey chilli dressing, lime yoghurt dip</p>	 <p>The Posh 'Pot Noodle' Vegetable Ramen Topped with Sliced Spring Onions & Fresh Chilli</p>	 <p>Cauli pakoras with tamarind chutney, cucumber & mint raita & chopped salad</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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