

WEEK 1 Express

Week Commencing: 1st Jan, 22nd Jan, 12th Feb, 11th March

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Margherita Pizza (V)
or
Pepperoni Pizza
& Seasoned Wedges
(G) (W) (E) (SO) (MK)



Cheeseburger or
Southern Fried Quorn (V)
in a Bun with
Herby Diced Potatoes
(G)(W)(SO)(E)(SE)(MK)



Marinated Glazed Chicken
with Choice of Sides
and House Slaw
(G) (B) (W) (C) (SO)



Sweet & Sour Chicken
Or Sweet & Sour
Vegetable Noodle Pot
(G) (W) (E)



Loaded Bucket of Chips
with Delicious Homemade
Toppings of Choice
(G) (W) (MK) (SE) (SO)(E)



All day Breakfast Wrap
or
Vegetarian all day
Breakfast wrap
(G) (W) (E) (SU) (SO)

Chicken Tikka & Rice
Wrap
Or
Vegetable Tikka & Rice
Wrap
(G) (W) (MK)

BBQ Pulled Pork & Sweet
Potato Wrap
or
BBQ Quorn Sausage &
Sweet potato Wrap
(G) (W) (B) (C) (SO)

Beef Chili & Rice Wrap
or
Quorn Chili & Rice Wrap
(G) (W) (MK)

Sweet Chilli Southern
Fried Quorn Wrap
(G) (W) (E) (MK)



Jumbo Sausage Roll
or
Seasoned
Wedges & Cheese Pot
(G) (W) (SU) (MK)

Cheese & Bacon Turnover
or
Nacho, Cheese &
Salsa Pot
(G) (W) (E) (MK)

Hot dog in Roll
or
Seasoned
Wedges Pot
(G) (W) (SO) (SU) (SE)

Chicken Burger
or
Nacho, Cheese &
Sweet chili Sauce
(G) (W) (SE) (MK)

Pizza Bagel
or
Seasoned Wedges with
BBQ Sauce
(B) (C)
(G)(W)(SU)(SO)(MK)(E)



BBQ Pulled Pork
or
Vegetable Tikka
Wholewheat Pasta Pot
(G) (W) (B)

Smokey Pepperoni
or
Arrabiata
Wholewheat Pasta Pot
(G) (W)

Chicken Italiano
or
Vegetable Bolognese
Wholewheat Pasta Pot
(G) (W) (B) (SO) (MK)

Texan BBQ Meatball
or
Mediterranean
Pizza Sauce
Wholewheat Pasta Pot
(G) (W) (B)

Chinese Vegetable Curry
Wholewheat Pasta Pot
(G) (W) (MU) (C) (SO)

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited
All our fish is from sustainable sources • All of our eggs are free range laid by happy chickens • We bake our bread daily in your kitchen

Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)



WEEK 2 Express

Week Commencing: 8th Jan, 29th Jan, 26th Feb, 18th March

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Rainbow Pizza (V)
or
BBQ Chicken Pizza
& Seasoned Wedges
(G)(B)(W)(E)(SO)(C)(MK)



Chicken Burger or
Southern Fried Quorn (V)
in a Bun with
Herby Diced Potatoes
(G)(B)(W)(E)(SO)(SE)(MK)



Chicken Tenders
with Choice of Sides
and House Slaw
(G) (B) (W) (C) (SO)



Chicken in Black Bean
Or Quorn & Vegetables in
Black Bean Noodle Pot
(G) (W) (E)



Loaded Bucket of Chips
with Delicious Homemade
Toppings of Choice
(G) (W) (MK) (SE) (SO)(E)



All day Breakfast Wrap
or
Vegetarian all day
Breakfast wrap
(G) (W) (E) (SU) (SO)

Chicken Tikka & Rice
Wrap
Or
Vegetable Tikka & Rice
Wrap
(G) (W) (MK)

BBQ Pulled Pork & Sweet
Potato Wrap
or
BBQ Quorn Sausage &
Sweet potato Wrap
(G) (W) (B) (C) (SO)

Beef Chili & Rice Wrap
or
Quorn Chili & Rice Wrap
(G) (W) (MK)

Sweet Chilli Southern
Fried Quorn Wrap
(G) (W) (E) (MK)



Jumbo Sausage Roll
or
Seasoned
Wedges & Cheese Pot
(G) (W) (SU) (MK)

Cheese & Bacon Turnover
or
Nacho, Cheese &
Salsa Pot
(G) (W) (E) (MK)

Hot dog in Roll
or
Seasoned
Wedges Pot
(G) (W) (SO) (SU) (SE)

Chicken Burger
or
Nacho, Cheese &
Sweet chili Sauce
(G) (W) (SE) (MK)

Pizza Bagel
or
Seasoned Wedges with
BBQ Sauce
(B) (C)
(G)(W)(SU)(SO)(MK)(E)



BBQ Pulled Pork
or
Vegetable Tikka
Wholewheat Pasta Pot
(G) (W) (B)

Smokey Pepperoni
or
Arrabiata
Wholewheat Pasta Pot
(G) (W)

Chicken Italiano
or
Vegetable Bolognese
Wholewheat Pasta Pot
(G) (W) (B) (SO) (MK)

Texan BBQ Meatball
or
Mediterranean
Pizza Sauce
Wholewheat Pasta Pot
(G) (W) (B)

Chinese Vegetable Curry
Wholewheat Pasta Pot
(G) (W) (MU) (C) (SO)

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WEEK 3 Express

Week Commencing: 15th Jan, 5th Feb, 4th March, 25th March

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Cheese & Tomato Pizza
or
Ham & Cheese Pizza
& Seasoned Wedges
(G) (W) (B) (C) (SO) (MK)



Pork Hot Dog or
Quorn Sausage Hot Dog
Herby Diced Potatoes
(G) (W) (SO) (SU) (MK)



BBQ Chicken
with Choice of Sides
and House Slaw
(G) (B) (W) (C) (SO)



Sweet chili Chicken &
Vegetable Noodles stir Fry
or
Sweet chili Cris Vegetable
Noodles stir Fry



Loaded Bucket of Chips
with Delicious Homemade
Toppings of Choice
(G) (W) (MK) (SE) (SO) (E)



All day Breakfast Wrap
or
Vegetarian all day
Breakfast wrap
(G) (W) (E) (SU) (SO)

Chicken Tikka & Rice
Wrap
Or
Vegetable Tikka & Rice
Wrap
(G) (W) (MK)

BBQ Pulled Pork & Sweet
Potato Wrap
or
BBQ Quorn Sausage &
Sweet potato Wrap
(G) (W) (B) (C) (SO)

Beef Chili & Rice Wrap
or
Quorn Chili & Rice Wrap
(G) (W) (MK)

Sweet Chilli Southern
Fried Quorn Wrap
(G) (W) (E) (MK)



Jumbo Sausage Roll
or
Seasoned
Wedges & Cheese Pot
(G) (W) (SU) (MK)

Cheese & Bacon Turnover
or
Nacho, Cheese &
Salsa Pot
(G) (W) (E) (MK)

Hot dog in Roll
or
Seasoned
Wedges Pot
(G) (W) (SO) (SU) (SE)

Chicken Burger
or
Nacho, Cheese &
Sweet chili Sauce
(G) (W) (SE) (MK)

Pizza Bagel
or
Seasoned Wedges with
BBQ Sauce
(B) (C)
(G) (W) (SU) (SO) (MK) (E)



BBQ Pulled Pork
or
Vegetable Tikka
Wholewheat Pasta Pot
(G) (W) (B)

Smokey Pepperoni
or
Arrabiata
Wholewheat Pasta Pot
(G) (W)

Chicken Italiano
or
Vegetable Bolognese
Wholewheat Pasta Pot
(G) (W) (B) (SO) (MK)

Texan BBQ Meatball
or
Mediterranean
Pizza Sauce
Wholewheat Pasta Pot
(G) (W) (B)

Chinese Vegetable Curry
Wholewheat Pasta Pot
(G) (W) (MU) (C) (SO)

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