

WEEK ONE

MONDAY

DEEP SOUTH DINER

Choose a main: Beef Burger **OR** Louisiana Bean Pot ✓
Chipotle Potato Wedges ✓
Coleslaw ✓



MEDITERRANEAN

Chicken Gyros
Mediterranean Bulghar Wheat
Oregano Roasted Vegetables ✓



SPEEDY ITALIAN

Veggie Supreme Pizza ✓
Veg Bolognaise Pasta ✓
Margherita Pizza ✓



TUESDAY

WINGS & THINGS

Choose a main: Special Marinated Roast Chicken
Drumsticks with BBQ or Sticky Tabasco **OR** Mac 'N' Cheese
Garlic Bread
Green Bean Salad ✓



THAI

Thai Beef & Coconut Curry ✓
Beggars Noodles ✓
Peas ✓



SPEEDY ITALIAN

Cajun Chicken Sizzler Pizza
Arrabiata Pasta ✓
Margherita Pizza ✓



WEDNESDAY

DEEP SOUTH DINER

Choose a main: BBQ Pulled Beef
Brisket **OR** Piri Piri Halloumi Bun ✓
Paprika Potato Wedges
Corn on the Cob ✓



BRITISH

Honey Roast Gammon
Roast Potatoes & Gravy
Broccoli ✓



SPEEDY ITALIAN

Hawaiian Pizza
Chunky Vegetable Pasta ✓
Margherita Pizza ✓



THURSDAY

WINGS & THINGS

Choose a main: New York Hot Dog **OR** Crispy Topped Sweet Potato Crumble ✓
Baked Garlic & Herb Potato Wedges
Apple Slaw ✓



MEXICAN

Chicken & Bean Chilli ✓
Wholegrain Rice ✓
Lightly Spiced Sweetcorn with Lime ✓



SPEEDY ITALIAN

Bacon Pizza
Herby Tomato Pasta ✓
Margherita Pizza ✓



FRIDAY

DEEP SOUTH DINER

Choose a main: Texas BBQ Chicken ✓ **OR** Feta & Potato Frittata ✓
Lemon Rice ✓
Sweetcorn ✓



BRITISH

Home-made Battered Fish Fillet
Chips
Peas or Baked Beans ✓



SPEEDY ITALIAN

Veggie Hot One Pizza ✓
Beef Bolognaise
Margherita Pizza ✓



WEEK TWO

MONDAY

DEEP SOUTH DINER

Choose a main: Beef Barbacoa Burrito **OR** Sweet Potato & Squash Casserole ✓
Paprika Wedges ✓
Sweetcorn ✓



MEDITERRANEAN

Turkey & Mozzarella Bake
Paprika Roasted Cauliflower ✓



SPEEDY ITALIAN

3 Cheese Sicilian Pizza ✓
Arrabiata Pasta ✓
Margherita Pizza ✓



TUESDAY

WINGS & THINGS

Choose a main: Special Marinated Roast Chicken
Drumsticks with BBQ or Sticky Tabasco **OR** Mac 'N' Cheese ✓
Garlic & Herb Bread Wedge
BBQ Beans



CHINESE

Garlic & Soy Chicken ✓
Wholegrain Rice ✓
Wok Tossed Oriental Vegetables ✓



SPEEDY ITALIAN

Bacon Pizza
Herby Tomato Pasta ✓
Margherita Pizza ✓



WEDNESDAY

DEEP SOUTH DINER

Choose a main: Creamy Fish Pasta Bake ✓ **OR** Corn, Black Eye Bean & Feta Soft Taco ✓
Jewelled Rice
Crunchy Salad ✓



BRITISH

Roast Beef
Thyme Potatoes & Gravy
Carrots ✓



SPEEDY ITALIAN

Veggie Supreme Pizza ✓
BBO Chicken Pasta
Margherita Pizza ✓



THURSDAY

WINGS & THINGS

Choose a main: Maple & Mustard Glazed Chicken Melt **OR** Smokey Cauliflower Cheese ✓
Baked Garlic & Herb Wedges
Apple Slaw



JAPANESE

Teriyaki Glazed Chicken Thigh ✓
Japanese Noodles ✓
Pickled Cucumber Salad ✓



SPEEDY ITALIAN

Veggie Hot One Pizza ✓
Beef Bolognaise
Margherita Pizza ✓



FRIDAY

DEEP SOUTH DINER

Choose a main: Piri Piri Pulled Pork Burger **OR** Smokey Bean & Corn Topped Wedges ✓
Cajun Wedges
Coleslaw ✓



BRITISH

Home-made Battered Fish Fillet
Chips
Peas or Baked Beans ✓



SPEEDY ITALIAN

Sicilian Cheese & Tomato Pizza ✓
Italian Chicken Pasta
Margherita Pizza ✓



WE SERVE

a selection of delicious baguettes, paninis, toasties and sandwiches and **NEW** exciting salad pots every day.
Fruit, Yoghurt & Granola Pots are Available to Enjoy Daily.



LOOK OUT FOR MUNCH

our mid-morning break offer available for you to enjoy

Monday-Friday



from **THE SPEDY ITALIAN**

WEEK THREE

MONDAY

DEEP SOUTH DINER

Choose a main: Bagel
Cheeseburger OR Cajun
Hollourn & Pineapple Rice Bowl

Baked Garlic & Herb Wedges

Radish, Pea & Leaf Salad



TUESDAY

WINGS & THINGS

Choose a main: Special

Marinated Roast Chicken

Drumsticks with BBQ or Sticky

Tobasco OR Peta & Chickpea

Cake with Salsa

Mexican Yellow Rice

Roasted Vegetables

Choose a main: BBQ Chicken

Mac 'N' Cheese OR Cajun

Vegetable Burrito

Crunchy Salad



WEDNESDAY

WINGS & THINGS

Choose a main: Cajun Pulled

Pork & Bean Pita OR Cauliflower

& Creamed Corn Bake

Fajita Wedges

Southern Greens



THURSDAY

DEEP SOUTH DINER

Choose a main: Chicken, Brown

Rice & Beans

Mac 'N' Cheese

Crunchy Raw Slaw



FRIDAY

WE SERVE

a selection of delicious baguettes, paninis, toasts and sandwiches and NEW exciting salad pots every day. Fruit, Yoghurt & Granola Pots are Available to Enjoy Daily.



SPEEDY ITALIAN

CHINESE

Asian Turkey Noodles



Veggie Hot One Pizza



Neapolitan Beany Pasta

Margherita Pizza



SPEEDY ITALIAN

MEDITERRANEAN

Greek Porth Wrap



3 Cheese Sicilian Pizza



Margherita Pizza



WEDNESDAY

INDIAN

Chicken Tikka Masala

Wholegrain Rice

Cucumber Raita



SPEEDY ITALIAN

Sicilian Cheese and Tomato Pizza

Margherita Pizza

Cardonara Pasta



BRITISH

Home-made Battered Fish Fillet

Chips

Herby Tomato Pasta



Neapolitan Chicken Pizza

Margherita Pizza



LUNCH MENU

AUTUMN/WINTER

