

# MENU

# WEEK 1



Don't forget to look out for **special day** menus & limited edition recipes from our **Colourfuel** monthly ingredients.



We 2<sup>nd</sup> sept 23<sup>rd</sup> sept Oct 14<sup>th</sup> Nov  
4<sup>th</sup> Nov 25<sup>th</sup> Nov 16<sup>th</sup> Dec

MON

TUE

WED

THU

FRI

## MAINS #FreshFlavours

- BALANCE -

Kung Pao chicken with rice or Singapore noodles  
(G,SO,MU,E,CE)

Chicken Sausage, onion gravy, creamy mash and garden peas  
(G,SU,MK)

- BALANCE -

Classic Beef burger with sliced tomato, BBQ sauce, lettuce and red onions, Cajun Potatoes  
(G,SE,MK,E,Mu)

Mexican turkey with roasted peppers, beans chick peas, nacho and cheese topping  
(G,MU,MK)

Battered fish (G,SU,F,E) hot dog sausage in a bun with roasted onions and ketchup (G,SU,SE) Fish finger butty (G,SO,MK,F) All Served with chips and peas or beans

## VEGGIE #MeatFree

Kung Pao Chinese vegetables with rice or Singapore noodles  
(G,SO,MU,E,CE)

Veggie sausages, onion gravy, creamy mash and garden peas  
(SU,SO,MU,MK)

Baked veggie burger with cheese, tomato, lettuce and BBQ sauce, Cajun Potatoes  
(G,SE,MK,E,Mu)

Mexican Quorn with roasted peppers, beans and chick peas. nacho and cheese topping  
(G,MU,MK,E)

Cheese and tomato quiche  
(G,MK,E)

## JACKET / PASTA #FuelStation

Tomato and basil pasta (G)  
Cheese and beans filled jackets (MK)

Kale pesto and spinach pasta (G)  
Tuna sweetcorn mayonnaise filled jackets (F,E)

Chilli Arrabiata pasta (G,SU)  
Cheesy coleslaw filled jackets (SU,MU,MK,E)

Puttanesca and tuna pasta (G,F)  
Chilli con carne filled jackets (MU)

Beef bolognese pasta (G)  
Cheese and beans filled jackets (MK)

## PUDS #SweetTreat

Chocolate sponge and chocolate sauce  
(G,MK,E)

Bread and butter pudding with custard  
(G,SU,SO,MK,E)

Jam and coconut sponge  
(G,MK,E)

Winter berry cheesecake  
(G,MK,E)

Apple crumble and custard  
(G,MK)



## ALLERGENS

Ce = Celery  
Cr = Crustacean  
E = Eggs  
F = Fish  
G = Cereals containing Gluten

L = Lupin  
Mk = Milk  
Mo = Molluscs  
Mu = Mustard  
N = Nuts

P = Peanuts  
Se = Sesame Seeds  
So = Soya  
Su = Sulphur Dioxide



## MEAL DEAL

Main Meal + Dessert  
FOR ONLY £2.20



## LOOK OUT

**BALANCE**  
Look out for our tasty new, planet friendly 'Balance' recipes, packed with extra goodness and a reduced carbon footprint, making each bite great for you & the environment!



# MENU WEEK 2



Don't forget to look out for **special day** menus & limited edition recipes from our **Colourfuel** monthly ingredients.



We 9<sup>th</sup> sept, 30<sup>th</sup> sept 21<sup>st</sup> Oct  
11<sup>th</sup> Nov 2nd Dec 23<sup>rd</sup> Dec

**MON**

**TUE**

**WED**

**THU**

**FRI**

## MAINS #FreshFlavours

**- BALANCE -**  
Chicken Balti with pilau rice and chutney

**- BALANCE -**  
Cottage Pie Served with whole Green Beans (Mk)

Roast Chicken with roasties, stuffing and roast gravy.  
Carrots and broccoli (G)  
(G,SO)

**- BALANCE -**  
Baked lasagne topped with mozzarella with salad (G,SU,SO,MK,E,CE)  
Extra garlic bread (G,SO,MK)

Battered fish (G,SU,F,E)  
Baked jumbo sausage roll (G,SU,SO,MK)  
All Served with chips and peas or beans

## VEGGIE #MeatFree

Sweet potato and cauliflower curry with pilau rice (MU,MK)

Veggie Cottage Pie served with Whole Green Beans (E,Mk)

Veggie quesadilla with potato wedges and coleslaw (G,SU,MU,MK,E)

Roasted vegetable lasagne topped with mozzarella with salad (G,SO,MK)  
Extra garlic bread (G,SO,MK)

Baked Mac and Cheese with crusty topping (G,SO,MK)

## JACKET / PASTA #FuelStation

Roasted pepper and oregano pasta (G)  
Cheese and beans filled jackets (MK)

Creamy chicken & Sweetcorn pasta (G,MK)  
Tuna sweetcorn mayo filled jackets (F,E)

Spicy Sausage and chilli pasta (G,MK)  
Cheesy coleslaw filled jackets (SU,MU,MK,E)

Caponata pasta (G)  
Chilli con carne filled jackets (MU)

Spicy fajita style pasta (G)  
Cheese and beans filled jackets (MK)

## PUDS #SweetTreat

Greek lemon sponge with custard (G,MK,E)

Carrot cake (G,MK,E)

Dutch apple caramel tart with custard (G,SO,MK,E)

Pear and apricot crumble with custard (G,MK)

Rice pudding with raspberry sauce (MK)

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# MENU WEEK 3



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We 16<sup>th</sup> sept 7<sup>th</sup> Oct, 28<sup>th</sup> Oct  
18<sup>th</sup> Nov 9<sup>th</sup> Dec

**MON**

**TUE**

**WED**

**THU**

**FRI**

## MAINS #FreshFlavours

**- BALANCE -**  
Chilli con carne with tomato, garlic and spring onion rice (SO,G)

**- BALANCE -**  
Thai green chicken curry with steamed rice

**- BALANCE -**  
Beef bolognese pasta bake with chefs' salad (G,SU,SO,MK,CE)

Sausage and baked bean casserole with chipotle BBQ sauce and mashed potato (SU,MK,G)

Battered fish (G,SU,F,E)  
Hot dog sausage in a bun with roasted onions and ketchup (G,SU,SE)  
Fish finger butty (G,SO,MK,F)  
All Served with chips and peas or beans

## VEGGIE #MeatFree

Vegan Chilli with tomato, garlic and spring onion rice (SO,MU,CE)

Thai green vegetable curry with steamed rice

Veggie mince pastitsio with chef's salad (G,SU,SO,MK,CE)

Oven baked gnocchi with tomato, mozzarella and pesto served with garlic bread (G,SO,MK,E)

Cheddar cheese, leek and potato filo pie (G,MK,E)  
Chip butty and curry sauce

## JACKET / PASTA #FuelStation

Creamy mushroom pasta (G,MK)  
Cheese and beans filled jackets (MK)

Turkey bolognese pasta (G)  
Tuna sweetcorn mayonnaise filled jackets (F,E)

Tomato Arrabiata pasta (G,SU)  
Cheesy coleslaw filled jackets (SU,MU,MK,E)

Roasted butternut squash and sage Pasta (G,MU,MK)  
Chilli con carne filled jackets (MU)

Spinach and bacon alfredo pasta (G,MK)  
Cheese and beans filled jackets (MK)

## PUDS #SweetTreat

Jamaican ginger cake with custard (G,MK,E)

Banoffee pie (G,SO,MK)

Sticky toffee pudding with toffee sauce (G,Su,Mk,E)

Lemon blondie (G,E)

Apple and rhubarb crumble with custard (G,MK)

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