

**SEASONAL
VEGETABLES**
with
**MAIN COURSE
OPTIONS**

WEEK ONE *menu*



Monday

Tuesday

Wednesday

Thursday

Friday

MAINS

LAMB KOFTA &
MIXED SALAD PITTA

TACO TUESDAY
CRUNCHY TACO
WITH BEEF, SALAD
AND CHEESE

BBQ CHICKEN
WRAP

ROAST TURKEY,
ROAST POTATOES &
GRAVY

TRADITIONAL FISH &
CHIPS

VEGETARIAN

MAC 'N' CHEESE
AND GARLIC BREAD

TACO TUESDAY
CRUNCHY TACO
WITH BBQ QUORN,
SALAD AND CHEESE

JACKET POTATO
WITH BAKED BEANS,
GRATTED CHEESE OR
VEGETABLE CHILLI

MIXED BEAN &
VEGETABLE BURITTO

STIR FRIED
VEGETABLE NOODLES

SELECTION OF
BAGUETTES &
WRAPS

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DESSERTS

CHOCOLATE SPONGE
AND SAUCE
FRUIT & YOGHURT
BAR

LEMON DRIZZLE
CAKE
FRUIT & YOGHURT
BAR

BANANA CAKE AND
CUSTARD
FRUIT & YOGHURT
BAR

PANCAKES WITH
FRUIT COMPOTE
FRUIT & YOGHURT
BAR

MIXED BERRY
MOUSSE
FRUIT & YOGHURT
BAR

Our mission is to make your lunchtime meal the highlight of your day.

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited •
All of 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

SOME OF OUR FOOD MAY CONTAIN ALLERGENS, PLEASE ASK OUR CHEF FOR ADVICE

gastro

SEASONAL
VEGETABLES
with
MAIN COURSE
OPTIONS

WEEK TWO menu



Monday **Tuesday** **Wednesday** **Thursday** **Friday**

MAINS

MEAT FEAST PIZZA TEXAN CHICKEN WITH POTATO WEDGES & 'SLAW JUMBO DOG WITH CHEESE ROAST CHICKEN, ROAST POTATOES & GRAVY BATTERED FISH & CHIPS WITH TOMATO KETCHUP

VEGETARIAN

FOUR CHEESE CAULIFLOWER & BROCCOLI BAKE VEGETABLE STIR FRY AND RICE ROASTED VEGETABLE LASAGNE WITH GARLIC BREAD VEGETARIAN QUESADILLAS PASTA TWIRLS WITH CHEESE SAUCE & MIXED SALAD



SELECTION OF BAGUETTES & WRAPS SELECTION OF BAGUETTES & WRAPS SELECTION OF BAGUETTES & WRAPS SELECTION OF BAGUETTES & WRAPS SELECTION OF BAGUETTES & WRAPS

DESSERTS

CHOCOLATE BROWNIE FRUIT & YOGHURT BAR APPLE SPONGE PUDDING WITH CUSTARD FRUIT & YOGHURT BAR BERRY MUFFIN FRUIT & YOGHURT BAR BANOFFEE PIE FRUIT & YOGHURT BAR STRAWBERRY CHEESECAKE FRUIT & YOGHURT BAR

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**SEASONAL
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with
**MAIN COURSE
OPTIONS**

WEEK THREE *menu*



Monday

Tuesday

Wednesday

Thursday

Friday

MAINS

SPAGHETTI
BOLOGNESE

BEEF BURGER IN A
BUN WITH LETTUCE,
& TOMATO

STICKY CHICKEN
WITH
RICE & PEAS

ROAST BEEF, ROAST
POTATOES &
YORSHIRE PUDDING

TRADITIONAL FISH
AND CHIPS

VEGETARIAN

CHEESE AND
TOMATO PIZZA SLICE

ROASTED VEGETABLE
PASTA IN A BASIL
PESTO SAUCE

JACKET POTATO
WITH VEGETABLE
CURRY OR GRATTED
CHEESE

ROASTED QUORN
FILLET, ROAST
POTATOES &
YORSHIRE PUDDING

MIXED BEAN &
CHEESE FAJITAS

SELECTION OF
BAGUETTES &
WRAPS

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WRAPS

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BAGUETTES &
WRAPS

DESSERTS

STICKY TOFFEE
PUDDING AND
SAUCE
FRUIT & YOGHURT
BAR

CARROT CAKE
FRUIT & YOGHURT
BAR

ICE CREAM & MIXED
BERRY SAUCE
FRUIT & YOGHURT
BAR

BAKEWELL TART
FRUIT & YOGHURT
BAR

ORANGE AND
LEMON MUFFIN
FRUIT & YOGHURT
BAR

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