

GRAB N GO



WEEK A

MAIN

PASTA POPINA

GRAB N GO

MONDAY

FULLY LOADED
CHEESEBURGER
(MK, SE*, SO, SU,
G/W)

TOMATO &
BASIL PASTA
(G/W)

MEAL
DEAL
£2.90

HOT & KICKING
CHICKEN GOUJONS
WITH RICE & PEAS
(E*, MK*, MU*, SO*,
SU*, G/W)
£2.75

TUESDAY

CHICKEN
MASSAMAN CURRY
WITH LIME &
CORIANDER RICE

CREAMY MUSHROOM &
PEA SPAGHETTI
(CE, E, MK, G/W)

MEATBALL SUB
(E*, MK*, SE*,
SO*, G/W)
£2.75

WEDNESDAY

NORTH AFRICAN
SPICED BEEF BURGER
WITH SEASONED
WEDGES
(CE, G/B*, O*, R*, W*)

MAC & CHEESE
(MK, G/W)

CHICKEN
PATTIES
(MU, SO, G/W)
£2.50

THURSDAY

FIRECRACKER
CHICKEN WRAP
WITH CAJUN
MAYO
(E, G/W)

CHERRY TOMATO
& SPINACH PASTA
(CE, G/W)

BBQ
CHICKEN
PANINI
(MK, G/W)
£2.75

FRIDAY

SOUTHERN STYLE
BAKED CHICKEN
LEG WITH SPICY
RICE & BBQ BEANS

MEDITERRANEAN
VEGETABLE PASTA
(G/W)

HOT WINGS
& CHIPS
(G/W)
£2.60

MAIN OR PASTA POPINA + WATER STOP = £2.90

GRAB N GO



WEEK B

MAIN

PASTA POPINA

GRAB N GO

**MEAL
DEAL
£2.90**

MONDAY

**JERK CHICKEN CURRY
WITH RICE & PEAS
(CE)**

**TOMATO &
BASIL PASTA
(G/W)**

**PEPPERONI
PANINI
(CE*, E*, MK, MU*,
SO*, G/W)
£2.75**

TUESDAY

**FIRECRACKER BEEF &
WHOLEGRAIN RICE
(CE, G/B*, O*, R*, W)**

**MEXICAN STREET
CORN PASTA
BAKE
(MK, G/W)**

**CHICKEN BURGER
WITH SRIRACHA
MAYO
(E, SE*, G/W)
£2.50**

WEDNESDAY

**LEMON & GARLIC
CHICKEN GYROS
WITH WARM FLAT
BREAD & GARLIC
SAUCE
(MK, G/W)**

**MAC & CHEESE
(MK, G/W)**

**CHIPOTLE BEEF
BURRITO
(MK, MU*, SO*,
G/W)
£2.75**

THURSDAY

**CARAMELISED
ASIAN BEEF
RAMEN NOODLES
(CE*, E, MU*, SO,
G/W)**

**MEDITERRANEAN
VEGETABLE
PASTA
(G/W)**

**HOT SOUTHERN
FRIED BBQ
CHICKEN WRAP
(E, G/W)
£2.75**

FRIDAY

**HOT & SPICY
CHICKEN WINGS
WITH CHUNKY
CHIPS & SLAW
(E)**

**THREE CHEESE
PASTA
(MK, G/W)**

**CHICKEN KATSU
CURRY LOADED
FRIES
(CE*, E*, MK*, MU,
SO*, SU*, G/W)
£2.60**

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