

MENU

Week 1: WC 18th April, 9th May



MEAL DEAL SAVERS!

Meal Deal
Buy a
Main Meal
with a
Dessert
for only
£2.30

Special Days!

LOOK OUT FOR SPECIAL MENUS

CHINESE NEW YEAR
TUESDAY 1ST FEBRUARY

RED NOSE DAY
FRIDAY 18TH MARCH

NATIONAL BBQ WEEK
3RD - 6TH MAY

PLATINUM JUBILEE
STREET PARTY
FRIDAY 27TH MAY

WIMBLEDON GREAT
BRITISH PICNIC
FRIDAY 24TH JUNE

MON

TUE

WED

THU

FRI

£1.70

MAIN
fresh flavours

Bangers and Mash with
Onion Gravy served
with Peas and Beans
(Mk,G,Su)

Pepperoni Pizza with
Chefs Salad (G,Mk)

Roast Chicken served
with Roast Potatoes,
Seasonal Veggies and
Gravy (G)

Chilli con carne and
Rice with Crushed
tortillas, salsa,
guacamole and soured
cream (G,Mk)

Battered Fish or
sausage and Chips
served with Peas,
Beans and Lemon
(F,G,Su)

£1.70

VEGGIE
meat free feasts

Veggie Sausages with
root veggie mash
(Mk,G,Ce)

Margherita Pizza with
Coleslaw (Mk,G,E)

Roast Mushroom and
Lentil Wellington
(G,Mk)

Veggie Mole with
brown rice, Charred
corn and Pumpkin
seeds

Veggie sausage Rolls
(G,Mk)

From
£1.70

METRO
sandwiches

Chicken Burger with
coleslaw (Mk,G,E)

Cheddar & Pesto
Grilled Panini with
Nachos (G,Mk)

New York Quorn Dog
with paprika wedges
(G,So)

Cheese Burger loaded
with onions and BBQ
Sauce (G,So,Su)

Fish Finger Dog (G,F)

From £1.70

JACKET POTATO & PASTA
station

Tomato and Basil or
Bolognese Pasta
served with Garlic
Bread & Salad
(G,Mk,Su)

Tomato and Basil or
Mac Cheese Pasta
served with Garlic
Bread & Salad
(G,Mk,Su)

Tomato and Basil or
Bolognese Pasta
served with Garlic
Bread & Salad
(G,Mk,Su)

Tomato and Basil or
Mac Cheese Pasta
served with Garlic
Bread & Salad
(G,Mk,Su)

Tomato and Basil or
Bolognese Pasta
served with Garlic
Bread & Salad
(G,Mk,Su)

Cheese, beans or
Coleslaw filled jackets
(Mk)

Cheese, beans or
Coleslaw filled jackets
(Mk)

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(Mk)

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(Mk)

Cheese, beans or
Coleslaw filled jackets
(Mk)

£0.70

PUDDING
sweet treat

Baked Jam sponge with
cream (Mk,E,G)

Sticky toffee pudding

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

Apple and blackberry
crumble with custard
(G,Mk)

Chocolate Sponge and
Chocolate sauce
(Mk,G,E,Su)

Baked Rice Pudding
with Jam sauce (Mk)

ALLERGENS

F = Fish
G = Cereals
Cr = Crustacean
E = Eggs
Mk = Milk
Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

LOOK OUT FOR LIMITED EDITION RECIPES FROM OUR MONTHLY BOOSTING INGREDIENT!

grain
filling foods

&

brain
boosting foods

MENU *Week 2: WC 25th April, 16th May*

£1.70

MAIN
fresh flavours

MON
Chicken Korma with Pilau Rice, Pickled veggies and Naan Bread
(G,Mk)

TUE
Spicy Beef Taco with Fajita potato wedges, Jalapenos and Sour Cream (G,Mk,Su)

WED
Roast Turkey & cranberry sauce served with Roast potatoes and seasonal Veggies (G)

THU
Traditional Beef Lasagne served with Focaccia Bread & Chefs Salad (G,Mk,Su)

FRI
Battered Fish or sausage and Chips served with Peas (F,G,Su)

£1.70

VEGGIE
meat free feasts

Spinach and Lentil Dahl with Steamed Rice mango chutney and Poppadum (G)

Macaroni Cheese served with Chefs Salad(G,Mk)

Roast Mushroom and Lentil Wellington with roast potatoes and seasonal veggies (G,Mk)

Squash and Bean Enchiladas with Cajun Wedges (G)

Cheese and Onion Patties served with chips and Peas (G,Mk)

From £1.70

METRO
sandwiches

Piri Piri Chicken Panini with nachos (G,Mk)

Cajun Chicken wrap filled with salad and lemon Mayo (G,Mk,E)

Spicy salsa and cheddar glazed chicken Burrito with Rice (G,MK)

Beef Burger loaded with cheese and onion marmalade (G,So)

Meatball marinara sub roll (G,Mk)

From £1.70

JACKET POTATO & PASTA
station

Tomato and Basil or Bolognaise Pasta served with Garlic Bread & Salad (G,Mk,Su)
Cheese, beans or Coleslaw filled jackets (Mk)

Tomato and Basil or Mac Cheese Pasta served with Garlic Bread & Salad (G,Mk,Su)
Cheese, beans or Coleslaw filled jackets (Mk)

Tomato and Basil or Bolognaise Pasta served with Garlic Bread & Salad (G,Mk,Su)
Cheese, beans or Coleslaw filled jackets (Mk)
Cornflake tart and custard (G,E,Mk)

Tomato and Basil or Mac Cheese Pasta served with Garlic Bread & Salad (G,Mk,Su)
Cheese, beans or Coleslaw filled jackets (Mk)
Banana Tea Bread (G)

Tomato and Basil or Bolognaise Pasta served with Garlic Bread & Salad (G,Mk,Su)
Cheese, beans or Coleslaw filled jackets (Mk)
Chocolate chip sponge and chocolate sauce (G,E,Mk,Su)

£0.70

PUDDING
sweet treat

Pineapple upside down cake with custard (G,Mk,E)

Marble cake and whipped cream

Cornflake tart and custard (G,E,Mk)

Banana Tea Bread (G)

Chocolate chip sponge and chocolate sauce (G,E,Mk,Su)

ALLERGENS

Ce = Celery **F** = Fish **Mk** = Milk **P** = Peanuts
Cr = Crustacean **G** = Cereals containing Gluten **Mo** = Molluscs **Se** = Sesame Seeds
E = Eggs **L** = Lupin **Mu** = Mustard **So** = Soya
Su = Sulphur Dioxide

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grain & **brain**
filling foods & *boosting foods*



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PLATINUM JUBILEE STREET PARTY
FRIDAY 27TH MAY

WIMBLEDON GREAT BRITISH PICNIC
FRIDAY 24TH JUNE

MENU *Week 3: WC 2nd May, 23rd May*

	MON	TUE	WED	THU	FRI
£1.70 MAIN <i>fresh flavours</i>	Sweet and Sour Chicken with Egg Fried Rice and Prawn Crackers (G,E,Fo)	Cajun Beef and Mushroom Pizza with chef's salad (G,Mk)	Roast Chicken served with Roast Potatoes, Seasonal Veggies and Gravy (G)	Cottage Pie with Mash and Seasonal Veggies (G,Mk)	Battered Fish or Sausage and Chips served with Peas (G,F)
£1.70 VEGGIE <i>meat free feasts</i>	Stir Fried Teriyaki Veggie Noodles (E)	Margherita Pizza with Chefs salad (G,Mk)	Roast Mushroom and Lentil Wellington Roast Potatoes, Seasonal Veggies and Gravy (G,Mk)	Veggie Cottage Pie with seasonal veggies (G,Mk)	Veggie Sausage Rolls and Chips served with Peas (G,Ce)
From £1.70 METRO <i>sandwiches</i>	Cheese Burger loaded with onions, BBQ Sauce and Hash Brown (G,Mk,Su,So)	Hot Dog with ketchup, mustard and fried onions (G,So)	BBQ pulled chicken and Cheddar Grilled Panini (G,Mk)	Chinese chicken wrap with prawn crackers (G,F)	Fish finger Dog (G,Mk,F)
From £1.70 JACKET POTATO & PASTA <i>station</i>	Tomato and Basil or Bolognese Pasta served with Garlic Bread & Salad (G,Mk,Su) Cheese, beans or Coleslaw filled jackets (Mk)	Tomato and Basil or Mac Cheese Pasta served with Garlic Bread & Salad (G,Mk,Su) Cheese, beans or Coleslaw filled jackets (Mk)	Tomato and Basil or Bolognese Pasta served with Garlic Bread & Salad (G,Mk,Su) Cheese, beans or Coleslaw filled jackets (Mk)	Tomato and Basil or Mac Cheese Pasta served with Garlic Bread & Salad (G,Mk,Su) Cheese, beans or Coleslaw filled jackets (Mk)	Tomato and Basil or Bolognese Pasta served with Garlic Bread & Salad (G,Mk,Su) Cheese, beans or Coleslaw filled jackets (Mk)
£0.70 PUDDING <i>sweet treat</i>	Treacle Tart (G)	Raspberry and coconut steamed sponge (G,Mk,E)	Lemon Meringue Pie (G,Mk,E,Su)	Triple chocolate cake and whipped cream (G,Mk,E,Su)	Cornflake tart and custard (G,E,Mk)

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