

MENU

Week 1:

18th April, 9th May, 20th June, 11th May

	MON	TUE	WED	THU	FRI
£2.20	MAIN <i>fresh flavours</i> Bangers and Mash with Onion Gravy served with Peas and Beans (Mk,G,Su)	Pepperoni Pizza with Chefs Salad (G,Mk)	Roast Gammon and Apple sauce 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)
£2.20	VEGGIE <i>meat free feasts</i> 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)
£2.20	METRO <i>sandwiches</i> Chicken Burger with coleslaw (Mk,G,E)	Smoked Ham and Cheddar 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)	Croque Monsieur with Fries and Salad (G,Mk,Mu,So)
£2.20	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)
£1.00	PUDDING <i>sweet treat</i> 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)



MEAL DEAL SAVERS!

Meal Deal
 Buy a
Main Meal
 with a
Dessert
 for only
£2.60
(Save 60p)

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

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

grain
fuelling foods

&

brain
boosting foods

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
		N = Nuts	Su = Sulphur Dioxide

MENU

Week 2: 25th April, 16th May, 27th June, 18th July

£2.20

MAIN
fresh flavours

MON

Chicken Korma with
Pilau Rice, Pickled
veggies and Naan
Bread

(G,Mk)

TUE

BBQ Pulled Pork Bap
with Sweet potato
wedges, Jalapenos and
Guacamole (G,Mk,Su)

WED

Roast Chicken and sage
and onion stuffing
served with Roast
potatoes and seasonal
Veggies (G)

THU

Turkey Burritos with
Braised Rice served
with Corn, sour cream
and Cajun wedges (Mk)

FRI

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

£2.20

VEGGIE
meat free feasts

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

Cheddar and Tomato
Quiche with sweet
potato wedges and
Beans (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)

£2.20

METRO
sandwiches

Ham and Cheddar
Panini with Chips
(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)

£2.20

**JACKET POTATO
& PASTA**
station

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)
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
Bolognese 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)

£1.00

PUDDING
sweet treat

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

Apple Pie and cream
(G,Mk)

Cornflake tart and
custard (G,E,Mk)

Banana Tea Bread (G)

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



**MEAL
DEAL
SAVERS!**

Meal Deal
Buy a
Main Meal
with a
Dessert
for only
£2.60
(Save 60p)

**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

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

grain
fuelling foods

&

brain
boosting foods

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

MENU

Week 3: 2nd May, 23rd May, 20th June

£2.20

MAIN
fresh flavours

MON
Sweet and Sour
Chicken with Egg Fried
Rice and Prawn
Crackers (G,E,FO)

TUE
Ham and Mushroom
Pizza with chef's salad
(G,Mk)

WED
Roast Gammon and
Apple sauce served
with Roast Potatoes,
Seasonal Veggies and
Gravy (G)

THU
Chicken Pie with Mash
and Seasonal Veggies
(G,Mk)

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

£2.20

VEGGIE
meat free feasts

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)

£2.20

METRO
sandwiches

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

All American Hot Dog
with ketchup, mustard
and fried onions (G,So)

Smoked Ham and
Cheddar Grilled Panini
(G,Mk)

Chinese chicken wrap
with prawn crackers
(G,F)

Croque Monsieur with
nacho's (G,Mk,Mu,So)

£2.20

JACKET POTATO & PASTA
station

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)

£1.00

PUDDING
sweet treat

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)

**MEAL
DEAL
SAVERS!**

Meal Deal
Buy a
Main Meal
with a
Dessert
for only
£2.60
(Save 60p)

**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

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

grain
fuelling foods

&

brain
boosting foods

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