

MENU WEEK 1



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



5th Sept, 26th Sept, 17th Oct

MON TUE WED THU FRI

£2.20

MAINS #FreshFlavours

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 #MeatFree

Veggie Sausages with root veggie mash
(M,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 #FreshSandwiches

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 / PASTA #FuelStation

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

Cheese, beans or Coleslaw filled jackets
(Mk)

Cheese, beans or Coleslaw filled jackets
(Mk)

Cheese, beans or Coleslaw filled jackets
(Mk)

Cheese, beans or Coleslaw filled jackets
(Mk)

Cheese, beans or Coleslaw filled jackets
(Mk)

£1.00

PUDS #SweetTreat

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 !!

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

MEAL DEAL

Main Meal and Dessert
 FOR ONLY £2.60

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.



12th Sept, 3rd Oct, 24th Oct

MON TUE WED THU FRI

£2.20

MAINS #FreshFlavours

Chicken Korma with Pilau Rice, Pickled veggies and Naan Bread (G,Mk)	BBQ Pulled Pork Bap with Sweet potato wedges, Jalapenos and Guacamole (G,Mk,Su)	Roast Turkey and sage and onion stuffing served with Roast potatoes and seasonal Veggies	Chilli Burritos with Braised Rice served with Corn, sour cream and Cajun wedges (G) (Mk)	Battered Fish or sausage and Chips served with Peas (F,G,Su)
--	---	--	--	--

£2.20

VEGGIE #MeatFree

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 #FreshSandwiches

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 / PASTA #FuelStation

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)	Cheese, beans or Coleslaw filled jackets (Mk)	Cheese, beans or Coleslaw filled jackets (Mk)	Cheese, beans or Coleslaw filled jackets (Mk)

£1.00

PUDS #SweetTreat

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)
--	--------------------------------------	---	--------------------------------	---

!! ALLERGENS !!

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

MEAL DEAL

Meal Deal and Dessert
FOR ONLY £2.60

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 3



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



19th Sept, 10th Oct, 31st Oct

MON TUE WED THU FRI

£2.20

MAINS #FreshFlavours

Sweet and Sour Chicken with Egg Fried Rice and Prawn Crackers (G,E,F0)	Kung Pao chicken with Singapore noodles and prawn crackers (G,SO,MU,E,CE) (G,Mk,F)	Roast Gammon and Apple sauce served with Roast Potatoes, Seasonal Veggies and Gravy (G)	Chicken Pie with Mash and Seasonal Veggies (G,Mk)	Battered Fish or Sausage and Chips served with Peas (G,F)
--	--	---	---	---

£2.20

VEGGIE #MeatFree

Stir Fried Teriyaki Veggie Noodles (E)	Kung Pao Chinese vegetables with Singapore noodles and prawn crackers (G,SO,MU,E,CE,F)	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)
--	--	--	---	--

Oct

£2.20

METRO #FreshSandwiches

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 / PASTA #FuelStation

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

£1.00

PUDS #SweetTreat

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)
----------------------------	---	--	---	---

!! 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 and Dessert
FOR ONLY £2.60

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!