

# MENU WEEK 1



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



2 January, 30 January, 6 March

**MON**

**TUE**

**WED**

**THU**

**FRI**

## MAINS #FreshFlavours

Piri Piri Chicken with  
Spicy Rice & Coleslaw  
(E,Su,Ce)

Pork Sausages, Roasted  
Onion Gravy, Creamy Mash  
(G,Su,Mk)

Roast Gammon, Apple Sauce  
with Roast  
Potatoes, Seasonal  
Vegetables and gravy  
(G)

Sweet and Sour Chicken with  
Prawn Crackers and Fried  
Rice  
(G,F,E)

Battered Fish (G,F)  
Cornish Pastie (G,Mk)  
Served with chips

## VEGGIE #MeatFree

Piri Piri vegetables with  
Spicy Rice & Coleslaw  
(E,Su,Ce)

Veggie Sausages, Onion  
Gravy, Creamy Mash  
(Mk,Su,So,Mu)

Butternut Squash and  
vegetable Wellington with  
Roast potatoes and seasonal  
Vegetables and gravy  
(G,Mk)

Teriyaki Vegetable Noodle  
Stir Fry  
(G,So)

Homemade Vegetable  
Samosa with Curry Sauce  
(G,Mu,Mk)

## VEG #ExtraGood

Green Beans and  
Roasted Onions

Seasonal Cabbage

Sweetcorn and  
Roasted Peppers

Garlic and Soy Roasted  
Chinese Leaf and Greens  
(G,So)

Garden Peas  
or Baked Beans

## METRO #FreshSandwiches

Quarter Pounder Chicken  
Burger and Indonesian  
Coleslaw  
(G,Mk,E,Se)

B.B.B.Q Chicken Wings With  
Battered Onion Rings  
(G,Mk)

Cheese Beef Burger with an  
American Bap  
(G,So,Mk,Se)

Cheese Panini  
(G,Mk)

Fish Finger Bap (G,Su,Se,F,E)  
Chip Buttie with Curry Sauce  
(G,Se,Mk,Mu)

## JACKET / PASTA #FuelStation

Tomato and Basil Pasta  
(G,Mk)

Nutless Pesto Pasta (G)

Chilli Arrabiata Pasta (G)

Cheesy Macaroni (G,Mk)

Beef Bolognese Pasta (G)

Cheese and Beans filled  
Jackets (Mk)

Tuna Mayonnaise  
filled Jackets (F,E)

Cheesy Coleslaw filled  
Jackets (Su,Mu,Mk,E)

Chilli con Carne filled  
Jackets (Mu)

Cheese and Beans filled  
Jackets (Mk)

## PUDS #SweetTreat

Chocolate Chip  
Sponge & Custard  
(G,So,Mk,E)

Toffee Drizzle Flapjacks  
(G,Mk,E)

Raspberry Jam Sponge  
(G,Mk,E)

Pancake Bar  
(G,Mk,E)

Apple Crumble and Custard  
(G,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 & DESSERT FOR ONLY  
**£2.60**

# MENU WEEK 2



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



9 January, 6 February, 6 March

**MON**

**TUE**

**WED**

**THU**

**FRI**

## MAINS #FreshFlavours

Beef Burger in a Bun with BBQ Sauce, Lettuce, Tomato & Red Onion with Crispy Wedges (G,Su,Mk)

Meat Feast Pizza (Spicy Chicken,Pepperoni and Meatballs) (G,Mk,E)  
Extra: Garlic Bread (G)

Roast Turkey with Roasties, Stuffing and Roast Gravy (G)

Chicken Fajita with Spicy Tomato Rice and Wedges (G,Mu)

Battered Fish (G,F)  
Signature Jumbo Sausage (Su,E)  
Served with Chips

## VEGGIE #MeatFree

Veggie Burger in a Bun with BBQ Sauce, Lettuce, Tomato & Red Onion with Crispy Wedges

Margaretta Pizza (Cheese and Tomato) (G,,Mk)

Butternut Squash and vegetable Wellington with Roast potatoes and seasonal Vegetables and gravy (G,Se,G,E)

Veggie Fajita Spicy Tomato Rice (Ce,G,Mu)

Cheese & Tomato Turnover (G,Mk,E)

## VEG #ExtraGood

Roasted Courgettes and Leeks

Coleslaw

Carrots and Broccoli

Sweetcorn

Garden Peas or Baked Beans

## METRO #FreshSandwiches

Ham and Cheese Panini (G,Mk,)

Cajun Chicken Wrap (G,Mu,F,E)

Southern Fried Chicken Burger (G,Su,So,Mu,E,Ce,Se)

Toasted Cheese and Ham sandwich with Curly Fries (G,Mu,Mk)

Fish Finger Bap (G,Su,Se,F,E)  
Chip Buttie with Curry Sauce (G,Se,Mk,Mu)

## JACKET / PASTA #FuelStation

Roasted Vegetable and Tomato Pasta (G)

Cheesy Macaroni (G,Mk)

Spicy Sausage and Chilli Pasta (G,Mk)

Cheesy Pepperoni Pasta (G,Mk)

Beef Meatball Pasta (G,Mu,Mk)

Cheese and beans filled Jackets (Mk)

Tuna Mayonnaise filled Jackets (F,E)

Cheesy Coleslaw filled Jackets (Su,Mu,Mk,E)

Sausage & Bean filled Jackets (G,Su,So,Ce)

Cheese and Beans filled Jackets (Mk)

## PUDS #SweetTreat

Lemon Blondie (G,E)

Dorset Traybake (G,Mk,E)

Double Chocolate Sponge with Chocolate Sauce (G,So,Mk,E)

Apple & Berry Crumble with Custard (G,So,Mk)

Banoffee Pie (G,So,Mk)



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# MENU WEEK 3



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16 January, 20 February, 20 March

**MON**

**TUE**

**WED**

**THU**

**FRI**

## MAINS #FreshFlavours

Chicken Tikka Masala with  
Pilau Rice & Mango Chutney  
& mini Naan  
(G,Su)

Sticky BBQ Sausages  
with Potato Wedges &  
pepper & sweetcorn Rice  
(G,Su)

Roast Gammon, Apple Sauce  
with Roast  
Potatoes, Seasonal  
Vegetables and gravy  
(G,Mk)

Beef Chilli Con carne with  
Mexican Rice  
Tortilla, chips, sour cream and  
Guacamole  
(G,Mk)

Battered Fish (G,F)  
Signature Jumbo Sausage  
(Su,Se)  
All Served with chips

## VEGGIE #MeatFree

Vegetable Tikka Masala  
with Pilau Rice &  
Mango Chutney & mini naan  
(G)

Sticky BBQ Quorn and  
Vegetables with Potato  
wedges & pepper &  
sweetcorn Rice  
(G,Su)

Butternut Squash and  
vegetable Wellington with  
Roast potatoes and seasonal  
Vegetables and gravy  
(G,So,Mk)

Crispy Asian Chilli  
Vegetables with Rice  
(G)

Cheese & Onion Pattie  
(G,So,Mk,E)

## VEG #ExtraGood

Roasted Cauliflower

Sweetcorn with  
Roasted Peppers

Green Beans

Garlic and Soy Roasted  
Chinese Leaf and Greens  
(G,So)

Garden Peas  
or Baked Beans

## METRO #FreshSandwiches

American Pork Hot Dog in a  
brioche Roll with Fried  
Onions  
(G,Mk,E)

Loaded Burger Bar  
(G,Mk,E,Mu,Se)

Pizza Melt Panini  
(G,Mk)

Sweet Chilli Chicken Wrap  
(G,Mk,E)

Fish Finger Bap (G,Su,Se,F,E)  
Chip Buttie with Curry Sauce  
(G,Se,Mk,Mu)

## JACKET / PASTA #FuelStation

Cheesy Pepperoni Pasta  
(G,Mk)

Tomato & Basil (G,Mk)

Arrabiata Pasta (G)

Spinach and Bacon  
Alfredo Pasta (G,Mk)

Bolognese Pasta (G)

Cheese and Beans filled  
Jackets (Mk)

Mexican Tuna filled  
Jackets (Mu,F,E)

Sausage & Baked Bean  
Jackets (G,Su,So,Ce)

Chilli con Carne  
filled Jackets (Mu)

Cheese and Beans filled  
Jackets (Mk)

## PUDS #SweetTreat

Pear Crumble with Custard  
(G,Mk)

Apple Filo Strudel  
(G,Mk)

Jam & Coconut Sponge  
(G,Mk,E)

Chocolate Cheesecake  
(G,So,Mk)

Frosted Ginger Cake  
with Custard  
(G,Mk,E)

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# MENU WEEK 4



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23 January, 27 February, 27 March

**MON**

**TUE**

**WED**

**THU**

**FRI**

## MAINS #FreshFlavours

Loaded Nachos with Turkey  
Chilli, Cheese & Sour cream  
(Mk)

Southern Baked Crispy  
Chicken With Wedges  
Chicken gravy & Coleslaw  
(G,Su,So,Mk,Ce)

Roast Turkey with Roasties,  
Stuffing and Roast Gravy  
(E,G,Mu,E)

Meatballs with Tomato  
Sauce and Basil served  
with Penne Pasta  
(G)

Battered Fish (G,F)  
Baked Jumbo Sausage Roll  
(G,Su,So,Mk)  
Served with Chips and  
Peas or Beans

## VEGGIE #MeatFree

Loaded Nachos with Veggie  
Chilli Cheese & Sour cream  
(G,So,Mk)

Southern Baked Crispy  
Sweet Potato Steaks With  
Wedges gravy & Coleslaw  
(G,Su,So,Mk,Ce)

Butternut Squash and  
vegetable Wellington with  
Roast potatoes and seasonal  
Vegetables and gravy  
(G,So,Mk)

Homemade Falafels in a  
Tomato Sauce served with  
Vegetable Cous Cous  
(G,Su)

Cheesy Vegetable  
Enchilada

## VEG #ExtraGood

Green Beans  
and Onions

Carrots and Peas

Sweetcorn

Roasted Carrots and  
Cauliflower

Garden Peas  
or Baked Beans

## METRO #FreshSandwiches

Pepperoni & Mozzarella  
(G,Mk,E)

Meatball Sub Panini  
(G,Se,Mk)

Pork Hot Dog With Onions  
and curry sauce  
(G,So,Mk)

Croque Monsieur  
(G,Mu,Mk)

Fish Finger Bap (G,Su,Se,F,E)  
Chip Buttie with Curry Sauce  
(G,Se,Mk,Mu)

## JACKET / PASTA #FuelStation

Tuna & Sweetcorn Pasta  
(G,F,Mk)

Bolognese Pasta (G)

Spicy Pepperoni & Tomato  
Pasta (G,Mk)

Macaroni Cheese (G,Mk)

Creamy Cheese & Bacon  
(G,Mk)

Cheese and Beans filled  
Jackets (Mk)

Tuna Sweetcorn Mayonnaise  
filled jackets (F,E)

Sausage & Bean  
filled Jackets (G,Su,So,Ce)

Chicken Curry filled Jackets

Cheese and beans filled  
Jackets (Mk)

## PUDS #SweetTreat

Key Lime Pie  
(G,Mk)

Pineapple Upside  
Down Cake  
(G,Su,Mk,E)

Frosted Banana Teabread  
(G,Mk,E)

Lemon Drizzle Sponge  
(G,E)

Sticky Toffee Pudding  
with Toffee Sauce  
(G,Su,Mk,E)



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