

MENU WEEK 1



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



4th Sept, 2nd Oct 30th Oct
27th Nov

MON

TUE

WED

THU

FRI

£2.40

MAINS
#FreshFlavours

Pizza/Focaccia Bar
(Chicken, Pepperoni and meatballs)
(G,Mu,Mk,So)

Mexican Turkey and Pepper Fajita with Floured Tortilla and Beans
(G,Mu,Mk)

Roast Turkey with stuffing and roast potatoes and gravy
(G,Mk)

Chinese Chicken Curry with Peas
(G,So,Mu)

Battered Pollack with Tartare Sauce and Lemon wedge served with Chips and Peas
(E,G,Su,F)

£2.40

VEGGIE
#MeatFree

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

Mozzarella and Tomato Quesadilla, Spicy Tomato Rice
(G,Mk,Ce)

Veggie Sausages served with Onion Gravy
(G,Ce)

Chinese crunchy Vegetable Curry
(G,So,Mu)

Homemade Veggie Burger with Tomato Relish in a Toasted Bun
(G,So,Se,E)

VEG
#ExtraGood

Steamed Broccoli

Sweetcorn

Green Beans

Garlic Roasted Chinese Greens

Peas Baked Beans

CARBS
#ExtraEnergy

Garlic Bread
(G,So,Mk)

Mexican Rice
(Ce)

Creamy Mashed Potato
(Mk)

Egg Fried Rice
(G,So,E)

Chips

£2.40

JACKET / PASTA
#FuelStation

Tomato and Basil Pasta
(G)

Nutless Pesto Pasta
(G,Mk)

Chilli Arrabiata Pasta
(G,Su)

Cheesy Penne
(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
(G)

£2.40

SNACK
#SuperTasty

Katsu Chicken Wrap
(G,So,Mk,Eg)

Jumbo Hot Dog Pork Sausage
(Mk,So,G,Se)

Piri-Piri Chicken Wrap
(G,Mk,Eg)

Southern Fried Chicken Burger
(G,Mu,Mk,So,Se)

Cajun Chicken Wrap
(G,Mk,Eg)

£2.20

PUDS
#SweetTreat

Baked Citrus Pudding with Lemon Sauce
(G,Mk,E)

Rocky Roads
(G,So,Mk)

Burnt Butterscotch Rice Pudding
(Mk)

Banana Tea Bread
(G,Mk,E)

Gypsy Tart
(G,Su,So,Se)

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
£2.70

MENU WEEK 2



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



11th Sept 9th Oct 6th Nov
4th Dec

MON

TUE

WED

THU

FRI

£2.40

MAINS
#FreshFlavours

Mexican Beef
Chilli con Carne
(Mu)

BBQ Sticky Chicken
(Su,So,G,Ce)
with BBQ Beans
(Su,So,G,Ce)

Butchers pork sausages with
onion gravy
(G,Mk,)

Burger Bar
Selection of Beef, chicken and
vegetable burgers
(G,Mk,E,So,Mu,Se)

Battered Pollock with Tartare
Sauce and Lemon Wedge
(G,Su,F,E)
served with Chips and Peas

£2.40

VEGGIE
#MeatFree

Vegetarian Chilli con Carne
with Sour Cream
(So,Mu,Ce)

Veggie Hot Dog Roll with
Roasted Onions and Ketchup
(G,Su,So,Se)

Spring Onion, Cheddar
Cheese and Tomato Quiche
(G,Mk,E)

Falafel and Spinach Burger
(G,Mk,E,So,Se)

Singapore Vegetable Stir Fry
(G,Su,So,E)

VEG
#ExtraGood

Sweetcorn and Roasted
Courgettes

Steamed Broccoli

Carrots and Green Beans

Chef's Salad

Peas
Baked Beans

CARBS
#ExtraEnergy

Steamed Fluffy Rice

Potato Wedges

Roast Potatoes

Garlic Focaccia
(G,Mk)

Chips

£2.40

**JACKET
/ PASTA**
#FuelStation

Roasted Vegetable
and Tomato Pasta
(G)
Cheese and Beans
filled Jackets
(Mk)

Cheesy Macaroni
Tuna Mayonnaise
filled Jackets
(F,E)

Spicy Sausage and Chilli Pasta
(G,Mk)
Cheesy Coleslaw
filled Jackets
(Su,Mu,Mk,E)

Cheesy Pepperoni Pasta
(G,Mk)
Sausage & Bean
filled Jackets
(G,Su,So,Ce)

Beef Meatballs with Tomato
Sauce
(G,Mu,Mk)
Cheese and beans
filled Jackets
(Mk)

£2.40

SNACK
#SuperTasty

B.B.Q Chicken wings
(Su,So,)

Nacho's Bar
(G,So,Mk)

Jerk Chicken Wrap
(G,Se,Eg)

Spicy Chicken Wings

Fajita Chicken Wrap
(G,Mu,Mk,E)

£1.10

PUDS
#SweetTreat

Raspberry and Coconut
Steamed Sponge and Custard
(G,Mk,E)

Chocolate Brownie
(G,E)

Apple Crumble and Custard
(G,Mk)

Sultana and Cranberry
Flapjack (G)

Bread and Butter Pudding
(G,Su,So,Mk,E)

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MENU WEEK 3



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18th Sept 18th Oct 13th
Nov 11th Dec

MON

TUE

WED

THU

FRI

£2.40

MAINS
#FreshFlavours

Cajun or Firecracker Skewer
with sour cream Moroccan
cous cous and pitta bread
(G,Mk,Mu,Ce)

Kung Pao Chicken
Stir Fry with Peppers
(G,So,Mu,Ce)

Roast Turkey, Stuffing
and Roast Gravy
(G,Mk,E)

Chicken Rogan Josh
with Mango Chutney

Battered Pollack with tartare
sauce and Lemon wedge
served with Chips and mushy
peas or peas
(G,Su,F,E)

£2.40

VEGGIE
#MeatFree

Sothorn Fries Quorn Strips
with wedges and Sour Cream
(G,So,Mk)

Kung Pao Quorn
Stir Fry with Peppers
(G,So,Mu,E,Ce)

Cheese, Leek and
Butternut Squash Pie
(G,Mk)

Vegetable Rogan Josh
with Mango Chutney

Cheese and
Onion Turnover
(G,Mk,E)

VEG
#ExtraGood

Sweetcorn

Garlic Roasted Chinese
Greens

Cabbage and Carrots

Roasted Aromatic Cauliflower
(Mu)

Peas
Baked Beans

CARBS
#ExtraEnergy

Garlic Bread

Egg Fried Rice

Roast Potatoes

Pilau Rice

Chips

£2.40

**JACKET
/ PASTA**
#FuelStation

Cheesy Pepperoni Pasta

Tomato & Basil

Arrabiata Pasta

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 Beans Jacket
(G,Su,So,Ce)

Chilli con Carne filled Jackets
(Mu)

Cheese and Beans
filled Jackets
(Mk)

£2.40

SNACK
#SuperTasty

Thai sweet chilli wrap
(G,So,Mk)

Pulled pork Bap
(Mk,Se,G,Mu)

Chicken Tikka wrap
(G,Mk,Eg)

Cheese and Ham Panini
(G,Mu,Mk)

Chicken Tandoori Wrap
(G,Mk,Eg)

£1.10

PUDS
#SweetTreat

Eves Pudding
(G,Mk,E)

Cornflake Tart and Custard
(G,Mk,E)

Banoffee Pie
(G,So,Mk)

Lemon Blondie
(G,E)

Chocolate
Chip Cookies
(G,So,Mk,E)

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MENU WEEK 4



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



25th Sept 23th Oct 20th
Nov 18th Dec

MON

TUE

WED

THU

FRI

£2.40

MAINS #FreshFlavours

Quarter Pounder Beef
Burger with Salad and
Ketchup in a Burger Bun
(G,Se)

Tuna and Sweetcorn
Cheesy Pasta Bake
(G,Mk,F)

Creamy Chicken
Tikka Curry Pie
(G,Mk)

Cajun Spiced Minced Beef
Burrito with Rice and Beans
(G,Mu,Mk)

Battered Sausage
(G,Su)
or Jumbo Sausage (G,Su)
Pepperoni Pizza (G,So,Mk)

£2.40

VEGGIE #MeatFree

Veggie Burger with Salad
and Ketchup in a Burger Bun
(G,Se,E)

Mushroom and Sweetcorn
Cheesy Pasta Bake
(G,Mk)

Creamy Vegetable
Tikka Curry Pie
(G,Mk)

Spiced Veggie Mince Burrito
with Rice and Beans
(G,So,Mu,Mk)

Margarita Pizza
(G,So,Mk)

VEG #ExtraGood

Sweetcorn

Broccoli

Caraway Carrots

Chef's Salad

Peas
Baked Beans

CARBS #ExtraEnergy

Baked Cajun Wedges
(Mu)

Garlic Bread
(G,So,Mk)

Mashed Potato
(Mk)

Cajun Roasted Potatoes
(Mu)

Chips

£2.40

JACKET / PASTA #FuelStation

Tuna & Sweetcorn Pasta
(G,Mk,F)

Bolognese Pasta
(G)

Spicy Pepperoni &
Tomato Pasta
(G)

Macaroni Cheese
(G,Mu,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 Jacket

Cheese and Beans
filled Jackets
(Mk)

£2.40

SNACK #SuperTasty

Maple and Sweet Chilli Wrap
(G,Su,So,Mk)

Quarter pounder Chicken
Burger
(G, Se, Mk)

Chinese Spice Chicken wrap
(G, So, Eg)

Meatball pork Sub
(Mk)

Sicilian Chicken Wrap
(G,Mk,Eg)

£1.10

PUDS #SweetTreat

Nutless Bakewell Tart and
Custard (G,Mk,E)

Jamaican Ginger Cake
(G,Mk,E)

Jam Roly Poly and Custard
(G,So,Mk,E)

Pear and Chocolate Crumble
with Custard (G,So,Mk)

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

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