

WEEKLY MENU - WEEK 1

ACT 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose 1 Main + 2 Sides + 1 Sauce or Dip					
	CHICKEN	INDIAN	ITALIAN	CHICKEN	ORIGINALS
MAINS Choose 1	Piri piri chicken Piri piri chicken wings	Kerala chicken curry Chicken tikka stonebaked pizza	Spaghetti bolognese Deep pan pepperoni pizza	Southern baked chicken Southern baked chicken wrap	Freshly battered hoki OR Oven baked salmon nuggets Oven baked breaded pollack
or 1 Veggie	Piri piri Quorn stir fry	Sweet potato & chickpea curry	Italian baked gnocchi	Southern baked Quorn fillets	Quorn hot dog
SIDES Choose 2	Oven baked sweet potato wedges Roasted spiky half corn on the cob Coleslaw	Braised turmeric rice Green salad with pickled cucumber Oven baked naan bread	Freshly made parsley & garlic bread Tomato, onion & basil salad Green bean & carrot salad	BBQ baked beans House salad Red cabbage coleslaw salad	Oven baked chips Garden peas & carrots Coleslaw
Light mayonnaise and salad dressing (available for all mains)					
SAUCES & DIPS Choose 1	Sweet sticky tabasco sauce Sweet chilli dipping sauce Piri piri dipping sauce	Mango chutney Cucumber raita Mint & lime yoghurt dressing	Garlic & herb mayonnaise Freshly made tomato salsa Honey, mustard & lemon dressing	Sweet sticky tabasco sauce Sweet chilli dipping sauce BBQ dipping sauce	Tomato ketchup Tartare sauce BBQ dipping sauce

ACT 2

Salad Pick 'n' Mix					
Choose a range of mains, toppings, sauces, dressings and bread					
SALAD MAIN	Mixed salad Coleslaw Roasted sweet pepper & pasta salad Simple beetroot salad	House salad Coleslaw Lightly spiced rice & pepper salad New potato salad	Green salad Simple rocket salad Tomato, onion & basil salad Green bean & carrot salad	Green salad Moroccan green pepper & tomato salad	House salad Coleslaw Simple grated carrot salad New potato salad
TOPPING	Oven baked croutons, oven baked baguette croutons, baked tortilla croutons				
SAUCE	Light mayonnaise, lemon mayonnaise, garlic & herb mayonnaise				
DRESSING	Salad dressing, honey, mustard & lemon dressing, sesame soy dressing, sweet chilli dipping sauce				
BREAD	A selection of freshly baked bread available daily				
Why not add a dessert to your meal?					
DESSERT	Choice of fresh red & green apples, oranges and bananas Seasonal fruit salad pot, black & green grape pot, mixed melon pot				



All our food is freshly prepared onsite, we use: MSC assured Fish; Leaf produce and Red Tractor Meat.
For information on allergens please speak to staff who will be happy to assist.



WEEKLY MENU - WEEK 2

ACT 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose 1 Main + 2 Sides + 1 Sauce or Dip					
	ASIAN	ITALIAN	ORIGINALS	CHICKEN	ORIGINALS
MAINS Choose 1	Slow braised chinese pork Sweet & sour chicken	Traditional lasagne Chicken & bacon carbonara pasta box	Roast pork bap Roast chicken bap	BBQ chicken BBQ meatball calzone	Freshly battered hoki OR Oven baked battercrisp cod fillet Oven baked breaded pollack
or 1 Veggie	Sweet & sour beans & vegetables Braised rice	Deep pan margherita Freshly made parsley & garlic bread	Yorkshire pudding roast sweet potato wrap Sage & onion stuffing	BBQ pulled Quorn & red cabbage coleslaw bun Oven baked sweet potato wedges	Deep pan margherita Oven baked chips
SIDES Choose 2	Stir fry vegetables Asian coleslaw salad	Green bean & carrot salad Tomato, onion & basil salad	Roast potatoes & dipping gravy House salad	Roasted spicy half corn on the cob Coleslaw	Garden peas & carrots House salad
Light mayonnaise and salad dressing (available for all mains)					
SAUCES & DIPS Choose 1	Dark soy sauce Sesame soy dressing Kimchi dressing	Garlic & herb mayonnaise Freshly made tomato salsa Honey, mustard & lemon dressing	Apple Sauce Gravy Honey, mustard & lemon dressing	Sweet sticky tabasco sauce Sweet chilli dipping sauce Piri piri dipping sauce	Tomato ketchup Tartare sauce BBQ dipping sauce

ACT 2

Salad Pick 'n' Mix					
Choose a range of mains, toppings, sauces, dressings and bread					
SALAD MAIN	House salad Red cabbage coleslaw salad Simple sweetcorn salad Mixed bean salad	Mixed salad Coleslaw Simple sweetcorn salad Roasted sweet pepper & pasta salad	House salad Tomato, red onion & carrot salad Red cabbage coleslaw salad	Green salad Tomato, onion & basil salad Asian coleslaw salad	House salad Coleslaw Simple grated carrot salad New potato salad
TOPPING	Oven baked croutons, oven baked baguette croutons, baked tortilla croutons				
SAUCE	Light mayonnaise, lemon mayonnaise, garlic & herb mayonnaise				
DRESSING	Salad dressing, honey, mustard & lemon dressing, sesame soy dressing, sweet chilli dipping sauce				
BREAD	A selection of freshly baked bread available daily				
Why not add a dessert to your meal?					
DESSERT	Choice of fresh red & green apples, oranges and bananas Seasonal fruit salad pot, black & green grape pot, mixed melon pot				



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ACT 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose 1 Main + 2 Sides + 1 Sauce or Dip					
	ITALIAN	EASTERN	GRILL	CHICKEN	ORIGINALS
MAINS Choose 1	Italian meat ball pasta box Spicy chicken pasta box	Moroccan shredded chicken Moroccan chicken flatbread	Plain hot dog Cheese & relish hot dog	Jerk chicken Jerk chicken wings	Freshly battered hoki OR Oven baked battered crisp cod fillet BBQ chicken wings
or 1 Veggie	Deep pan margherita Freshly made parsley & garlic bread	Moroccan bean & Quorn falafel Braised rice	Quorn hot dog Caramelised onion	Jerk Quorn fillet Oven baked sweet potato wedges	Vegetable balti & rice curry pot Oven baked chips
SIDES Choose 2	Green salad Tomato, onion & basil salad	Moroccan green pepper & tomato salad Moroccan chickpea & sweetcorn	Mixed salad Coleslaw	Roasted spicy half corn on the cob Mixed salad	Garden peas & carrots House salad
Light mayonnaise and salad dressing (available for all mains)					
SAUCES & DIPS Choose 1	Garlic & herb mayonnaise Freshly made tomato salsa Honey, mustard & lemon dressing	Lemon mayonnaise Mint & lime yoghurt dressing Moroccan yoghurt dressing	Tomato ketchup Burger relish American mild mustard sauce	Sweet sticky tabasco sauce BBQ dipping sauce Piri piri dipping sauce	Tomato ketchup Tartare sauce BBQ dipping sauce

ACT 2

Salad Pick 'n' Mix					
Choose a range of mains, toppings, sauces, dressings and bread					
SALAD MAIN	Green salad Simple roquette salad Tomato, onion & basil salad Green bean & carrot salad	Green salad Moroccan green pepper & tomato salad Moroccan green slaw Moroccan chickpea & sweetcorn salad	Mixed salad Coleslaw Roasted sweet pepper & pasta salad Simple beetroot salad	Mixed salad Coleslaw Lightly spiced rice & pepper salad Mixed bean salad	House salad Coleslaw Simple grated carrot salad New potato salad
TOPPING	Oven baked croutons, oven baked baguette croutons, baked tortilla croutons				
SAUCE	Light mayonnaise, lemon mayonnaise, garlic & herb mayonnaise				
DRESSING	Salad dressing, honey, mustard & lemon dressing, sesame soy dressing, sweet chilli dipping sauce				
BREAD	A selection of freshly baked bread available daily				
Why not add a dessert to your meal?					
DESSERT	Choice of fresh red & green apples, oranges and bananas Seasonal fruit salad pot, black & green grape pot, mixed melon pot				



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WEEKLY MENU - WEEK 4

ACT 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose 1 Main + 2 Sides + 1 Sauce or Dip					
	ORIGINALS	CHICKEN	MEXICAN	INDIAN	ORIGINALS
MAINS Choose 1	Cottage pie Mac n cheese box	Southern baked chicken Southern baked chicken wrap	Minced beef fajita Cajun chicken filled khobez bread	Chicken jalfrezi Deep pan chicken tikka pizza	Freshly battered hoki OR Oven baked battercrisp cod fillet Oven baked breaded pollack
or 1 Veggie	Vegetable & bean champ cottage pie	Southern baked Quorn burger bun & salad	Cajun Quorn filled khobez bread	Quorn jalfrezi	Zingy pepper pasta box
SIDES Choose 2	Fresh broccoli florets Fresh glazed carrots House salad	Baked half jacket potato BBQ baked beans Red cabbage coleslaw salad	Roasted spicy half corn on the cob Mixed salad Coleslaw	Braised turmeric rice Oven baked naan bread Green salad with pickled cucumber	Oven baked chips Garden peas & carrots Mixed salad
Light mayonnaise and salad dressing (available for all mains)					
SAUCES & DIPS Choose 1	Light mayonnaise Gravy Honey, mustard & lemon dressing	Sweet sticky tabasco sauce Sweet chilli dipping sauce BBQ dipping sauce	Freshly made tomato salsa Sour cream Guacamole	Mango chutney Cucumber raita Mint & lime yoghurt dressing	Tomato ketchup Tartare sauce BBQ dipping sauce

ACT 2

Salad Pick 'n' Mix						
Choose a range of mains, toppings, sauces, dressings and bread						
SALAD MAIN	House salad Coleslaw Simple beetroot salad Korean green bean salad	Green salad Tomato, onion & basil salad Green pea & carrot salad Roasted sweet pepper & pasta salad	House salad Red cabbage coleslaw salad Simple sweetcorn salad Mixed bean salad	Mixed salad Tomato, red onion & carrot salad Asian coleslaw salad Lightly spiced rice & pepper salad	House salad Coleslaw Simple grated carrot sala New potato salad	
TOPPING	Oven baked croutons, oven baked baguette croutons, baked tortilla croutons					
SAUCE	Light mayonnaise, lemon mayonnaise, garlic & herb mayonnaise					
DRESSING	Salad dressing, honey, mustard & lemon dressing, sesame soy dressing, sweet chilli dipping sauce					
BREAD	A selection of freshly baked bread available daily					
Why not add a dessert to your meal?						
DESSERT	Choice of fresh red & green apples, oranges and bananas Seasonal fruit salad pot, black & green grape pot, mixed melon pot					



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LUNCH

Main Meal Deal	2.20
Main Meal Only	1.90
Jacket Potato	1.00
Jacket & 1 filling	1.38
Jacket Cheese&Beans	1.73
Extra Jacket Filling	0.40
Pizza Slice	1.22
6" Pizza Whole	1.90
Hot Pasta Pot	1.75
Soup of the Day	1.11

HOT DELI POTS

Pasta, Noodle etc	1.75
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DRINKS

Capri - Sun	0.75
Suso Fizz	1.00
Mineral Water	0.56
Milk Shake	0.80
Cuplets	0.55
Radnor Drinks	0.70
Hot Drinks	0.60

SANDWICHES/DELI

Just Range from	1.05
Classic Range from	1.40
Baguettes - Just Range from	1.40
Baguettes - Classic Range from	1.60
Wraps from	1.30
Rolls from	1.05
Baked Bean pots	0.80
Panini from	1.65
Bacon Roll	1.15
Salad Bar - Small 0.95 Large	1.45
Burrito Cones	1.79

DESSERTS

Freshly Baked Cookies	0.70
Muffins / Tray Bakes from	0.72
Dessert Pots from	0.60
Jelly Pots	0.65
Fresh Fruit Piece from	0.45
Cut Fruit Pots	0.77
Yoghurt Pots from	0.60

Staff prices will be charged an additional 20% VAT