

# MENU

Week 1:

18 April, 2 May, 16 May, 6 June, 20 June, 4 July, 18 July



## MEAL DEAL SAVERS!

Meal Deal  
Buy a  
Main Meal  
with a  
Dessert  
for only  
**£2.60**  
(Save 80p)

## Special Days!

LOOK OUT FOR SPECIAL MENUS

CHINESE NEW YEAR  
TUESDAY 7<sup>TH</sup> FEBRUARY

RED NOSE DAY  
FRIDAY 18<sup>TH</sup> MARCH

NATIONAL BBQ WEEK  
3<sup>RD</sup> - 6<sup>TH</sup> MAY

PLATINUM JUBILEE  
STREET PARTY  
FRIDAY 27<sup>TH</sup> MAY

WIMBLEDON GREAT  
BRITISH PICNIC  
FRIDAY 24<sup>TH</sup> JUNE

MON

TUE

WED

THU

FRI

£2.20

**MAIN**  
fresh flavours

Bangers and mash with onion gravy served with peas and beans (Mk,G,Su)

Chicken burrito with braised rice and sour cream (G,Mk)

Roast gammon and apple sauce baguette served with roast potatoes (G,Mk)

4oz Beef Burger in a bun (G,Mk,Su)

Battered fish or sausage and chips served with peas, beans and lemon (F,G,Su,Mu)

£2.20

**VEGGIE**  
meat free feasts

Veggie sausages with root veggie mash (Mk,G,Ce)

Butternut squash and bean burrito with sour cream (G,Mk)

Roast mushroom and lentil Wellington (G,Mk)

Seasoned Halloumi burger in a bun (G,Mk)

Veggie Sausage rolls (G,Mk)

From £2.00

**METRO**  
sandwiches

Breakfast Wrap (G,Mk,Su)

Smoked Ham and Cheddar Grilled Panini with Nachos (G,Mk)

New York Quorn Dog with paprika wedges (G,So)

Chicken fillet burger in a bun (G,Mk,E)

Fish finger wrap with chips (G,Mk,Mu,F)

From £2.20

**JACKET POTATO & PASTA**  
station

Tomato and basil pasta (G)

Beef bolognese penne pasta (G,Mk,Su)

Meatball and tomato penne pasta (G,Mk,Su)

Chunky tomato penne pasta (G)

Cheese and tomato pasta bake (G)

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

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)

£1.20

**PUDDING**  
sweet treat

Baked jam and coconut sponge with custard (Mk,E,G)

Sticky toffee pudding (Mk,E,G,Su)

Apple and blackberry crumble with custard (G,Mk)

Chocolate sponge and chocolate custard (Mk,G,E,Su)

Treacle tart and custard (G,Mk,E)

### ALLERGENS

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

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

grain  
filling foods

&

brain  
boosting foods

# MENU

Week 2: 25 April, 9 May, 23 May, 13 June, 27 June, 11 July



## MEAL DEAL SAVERS!

Meal Deal  
Buy a  
Main Meal  
with a  
Dessert  
for only  
**£2.60**  
(Save 80p)

## Special Days!

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PLATINUM JUBILEE  
STREET PARTY  
FRIDAY 27<sup>TH</sup> MAY

WIMBLEDON GREAT  
BRITISH PICNIC  
FRIDAY 24<sup>TH</sup> JUNE

**MON**

**TUE**

**WED**

**THU**

**FRI**

£2.20

**MAIN**  
fresh flavours

Chicken Korma with pilau rice, pickled veggies and Naan Bread (G,Mk)

All Day Breakfast (E,Mk,G)

Roast chicken and sage and onion stuffing baguette served with roast potatoes (G,Mk)

Beef lasagne with mixed leaves (G,Mk,Mu,Su)

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)

All Day Vegetarian Breakfast (G,Mk,E)

Roast mushroom and lentil Wellington with roast potatoes and seasonal veggies (G,Mk)

Vegetable lasagne with mixed leaves (G,Mk,Mu)

Cheese and onion patties served with chips and peas (G,Mk)

From £2.00

**METRO**  
sandwiches

Cheese and tomato Quesadilla (G,Mk)

Bbq chicken wrap (G,Mk)

Meatball panini (G,Mk,So)

Beef burger loaded with cheese and onion marmalade (G,So)

Meatball marinara sub roll (G,Mk)

From £2.20

**JACKET POTATO & PASTA**  
station

Tomato and basil pasta (G)

Beef bolognese penne pasta (G,Mk,Su)

Spicy sausage penne pasta (G,Mk,Su)

Chunky tomato (G,Mk,Su)

Tomato and basil or Bolognese pasta served with garlic bread and 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)

£1.20

**PUDDING**  
sweet treat

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

Apple pie and custard (G,Mk)

Cornflake tart and custard (G,Mk)

Banana Tea Bread (G,Mk,E,So)

Chocolate chip sponge and chocolate sauce (G,E,Mk,So)

**ALLERGENS**

Ce = Celery F = Fish Mk = Milk P = Peanuts  
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E = Eggs L = Lupin Mu = Mustard So = Soya  
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