

MENU WEEK 1



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



13 November, 27 November,
11 December

MON

TUE

WED

THU

FRI

MAINS
#FreshFlavours

Butchers pork sausages
(Su,G)

Mexican turkey and
pepper fajita with
floured tortilla
(G)

Roast chicken with
sage and onion stuffing
(G)

Chinese chicken curry
with peas

Battered fish fillet
(G,Mk,F,E,Mu)
with lemon wedge

VEGGIE
#MeatFree

Quorn sausages
(G)

Mozzarella and tomato
quesadilla with spicy
tomato rice
(G,Mk)

Roasted mushroom and
lentil Wellington
(G,Mu,Mk,E)

Chinese crunchy
vegetable curry

Homemade cheese
and onion pasty
(G,Mk,E)

VEG
#ExtraGood

Steamed broccoli

Sweetcorn

Steamed cabbage

Garlic roasted
Chinese greens

Peas
Baked beans

CARBS
#ExtraEnergy

Mash potato
(Mk)

Mexican rice
(Mk)

Crispy roast potatoes

Egg fried rice
(E)

Chips

**JACKET
/ PASTA**
#FuelStation

Tomato and basil pasta
(G)

Beef bolognese penne
pasta (G,Su)

Meatball and tomato
penne pasta (G,Su)

Roasted vegetable
penne pasta (G)

Spicy sausage penne pasta
(G,Su)

Cheese and beans
filled Jackets (Mk)

Tuna mayonnaise
filled jackets (F,E)

Cheesy coleslaw
filled jackets (Su,Mu,Mk,E)

Cheese and bean
filled jackets (Mk)

Cheese and beans
filled jackets
(Mk)

SNACK
#SuperTasty

Cheese and tomato
pizza wrap
(G,Mk)

Cheese and ham panini
(Mk,G)

Cornish pasty
(G,Mk,Su,E)

4oz beef burger
(G,Mk,Su)

Pepperoni panini
(G,Mk)

PUDS
#SweetTreat

Baked citrus pudding
(G,Mk,E,Su)

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

Steamed syrup sponge
(Mk,G,E)

Banana tea bread
(G,Mk,E)

Eve's pudding
(G,Mk,E)

£2.20

£2.20

£2.20

From
£1.70

£1.20

ALLERGENS

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

MEAL DEAL

Main Course and Hot Dessert
£2.60

MENU WEEK 2



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



6 November, 20 November,
4 December, 18 December

MON

TUE

WED

THU

FRI

£2.20

MAINS #FreshFlavours

Mexican beef chilli con carne (Mu)

BBQ sticky chicken with BBQ beans (Mu)

Roast gammon with gravy

Oven baked lasagne (G,Mk,Mu,Su)

Battered fish fillet (G,Mu,Mk,F,E) with lemon wedge

£2.20

VEGGIE #MeatFree

Vegetarian chilli con carne with sour cream (So,Mu,Ce)

Mac & cheese with crispy onions (Mu,G,Mk)

Spring onion, cheddar and tomato quiche (G,Mk,E)

Roasted vegetable lasagne (G,Mk,Mu)

Cheese, potato and onion pie (G,Mk,E)

VEG #ExtraGood

Sweetcorn

Steamed broccoli

Steamed baton carrots

Mixed leaves

Peas
Baked beans

CARBS #ExtraEnergy

Steamed fluffy rice

Potato wedges

Roast potatoes

Garlic bread (Mk,G)

Chips

£2.20

JACKET / PASTA #FuelStation

Basil and tomato penne pasta (G)

Beef bolognese penne pasta (G,Su)

Roasted vegetable penne pasta (G)

Meatball and tomato penne pasta (G,Su)

Fajita chicken penne pasta (G)

Cheese and beans filled jackets (Mk)

Tuna mayonnaise filled jackets (F,E)

Cheesy coleslaw filled jackets (E,Mk)

Sausage and bean filled jackets (G,Su)

Cheese and beans filled Jackets (Mk)

From £1.70

SNACK #SuperTasty

Jumbo sausage roll (G,Su,So,Mk,E)

Meatball sub (G,So,Mk)

Cheese & Tomato Panini (G,Mk)

Piri Piri vegetable noodles (G,E,Mk)

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

£1.20

PUDS #SweetTreat

Steamed raspberry and coconut sponge (G,Mk,E)

Chocolate sponge with chocolate sauce (G,Mk,E)

Apple crumble and custard (G,Mk)

Sultana and cranberry flapjack (G,Mk)

Bread and butter pudding (G,Mk,E)

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