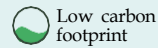


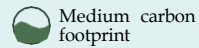
# WEEKLY MENU

## WEEK ONE

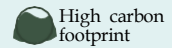
Look out for our carbon footprint logos on our counters to see the impact of your meal choices on the planet



Low carbon footprint








Medium carbon footprint











High carbon footprint

### ACT 1



	Monday	Tuesday	Wednesday	Thursday	Friday
	ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS
MAINS Choose from:	Classic Spaghetti Bolognese or Stretched Loaded Pizza 	Grilled Sausage & Gravy or Quorn Sausage & Gravy 	Classic Roast of the Day 	Macaroni Cheese  	Oven Baked Breaded Pollock or Oven Baked Fish Finger
sides	Sweet Potato Wedges	Creamy Mashed Potato	Stuffing & Spuds	Freshly Made Garlic Bread	Chips
	Beetroot Salad	Savoy Cabbage	Carrots & Swede	Panzanella Salad	Peas & Carrots
dips	Ketchup/Relish	Gravy	Gravy	Balsamic Glaze	Tartare/Ketchup


### ACT 2

	Monday	Tuesday	Wednesday	Thursday	Friday
	SOUTH AMERICAN	ASIAN	ASIAN	PLANT+	ORIGINALS
MAINS Choose from:	Jerk Chicken Thigh 	Teriyaki Chicken	Chicken Korma	Chickpea & Coconut Dahl or Vegan Sausage Roll  	Fish Finger Gyros or Salmon Fish Fingers
VEGGIE OPTION	Jamaican Sweetcorn Fritter 	Crispy Tempeh Noodles 	Sweet Potato Chana Masala 	Sweet Potato & Bean Jalfrezi 	Margherita Pizza 
sides	Rice & Peas	Noodles	Bombay Potatoes	Braised Turmeric Rice	Chips
	Chickpea & Sweetcorn Salad	Asian Slaw	Cauliflower Aloo Gobi	Fresh Broccoli Florets	Mushy Peas
dips	Mayo/Sweet Chilli	Dark Soy	Mango Chutney / Raita	Mayo/Dressing	Tartare/Ketchup

### Add a Dessert to your meal

#### dessert

Choice of Fresh Red and Green Apples , Oranges  and Bananas 

Seasonal Fruit Salad Pot , Black & Green Grape Pot , Mixed Melon Pot  and Organic Yoghurts 



(F50)

Future 50: Contains one or more of the top 50 most sustainable foods in the world!



(Plant+)

Represents plant-rich dishes that are better for your health & the environment.



(v)

Vegetarian



(Ve)

Vegan



(20%<)

20% less meat

For allergen content please speak to a member of staff who will be happy to assist

#### AVAILABLE DAILY:

Jacket potatoes baked onsite  
with a daily choice of two toppings  
Mixed salad bar | Selection of  
seasonings | Wholesome soup bar |  
Deli grab & go range



# WEEKLY MENU

## WEEK TWO

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Low carbon footprint










Medium carbon footprint



High carbon footprint

ACT 1		Monday	Tuesday	Wednesday	Thursday	Friday
		ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS
MAINS Choose from:		Shepherdess Pie 	Beany Chilli Nachos 	Baked Quorn Loaf 	Chicken Fajita 	Oven Baked Breaded Pollock or Oven Baked Fish Finger
sides	Carb	Baby Parsley Potatoes	Braised Rice	Stuffing & Spuds	Freshly Baked Garlic Bread	Chips
	Veg	Green Beans & Peas	Sweetcorn	Roasted Squash/ Cabbage	House Salad	Garden Peas
dips		Gravy	Mayo	Gravy	Mayo/Relish	Tartare/Ketchup

ACT 2		Monday	Tuesday	Wednesday	Thursday	Friday
		MEXICAN	PLANT+	AMERICAN	MIDDLE EAST	ORIGINALS
MAINS Choose from:		Chipotle Chicken	Teriyaki Quorn Stir Fry Tomato & Borlotti Pasta Bake 	Philly Cheese Steak or Cajun Chicken Flatbread	Chicken Shawarma or Roasted Veg Shawarma 	Salmon Katsu or Baked Mackerel
VEGGIE OPTION		Bean and Pepper Quesadilla 	Chick Pea and Squash Tajine 	The Best Chick Pea Burger 	Dry Aubergine Curry 	Vegan Quorn Nuggets 
sides	Carb	Warm New Potato Salad	Sweet Potato Wedges	Roasted Potatoes	Cous Cous	Chips
	Veg	Pickled Cucumber & onion	Broccoli	Red Cabbage Slaw	Mixed Bean Salad and Moroccan Green Slaw	Baked Beans
dips		Salsa/Mayo	Soy Sauce	Salsa/Mayo	Balsamic Glaze	Tartare/Ketchup

### Add a Dessert to your meal

dessert

Choice of Fresh Red and Green Apples , Oranges  and Bananas 

Seasonal Fruit Salad Pot , Black & Green Grape Pot , Mixed Melon Pot  and Organic Yoghurts 



(F50)

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(Plant+)

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(v)

Vegetarian



(Ve)

Vegan



(20% <)

20% less meat

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### AVAILABLE DAILY:

Jacket potatoes baked onsite  
with a daily choice of two toppings  
Mixed salad bar | Selection of  
seasonings | Wholesome soup bar |  
Deli grab & go range



# WEEKLY MENU

## WEEK THREE

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Low carbon footprint












Medium carbon footprint






High carbon footprint


ACT 1		Monday	Tuesday	Wednesday	Thursday	Friday
		ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS	ORIGINALS
MAINS Choose from:		Braised Sausage Casserole 	Freshly Made Burger	Classic Roast of the Day 	Lentil & Vegetable Cottage  	Oven Baked Breaded Pollock or Fish Fingers
sides	Carb	Baby Parsley Potatoes	Oven Baked Wedges	Stuffing & spuds	Baby Boiled Potatoes	Chips
	Veg	Green Beans	Coleslaw	Broccoli	Green Beans	Garden Peas
dips		Gravy	Salsa, Mayo	Gravy	Gravy	Ketchup/Tartare

ACT 2		Monday	Tuesday	Wednesday	Thursday	Friday
		ITALIAN	MIDDLE EAST	JAPANESE	PLANT+	ORIGINALS
MAINS Choose from:		Carbonara Pizza 	Katsu Chicken	Veggie Meatball Bake	Hummus Flatbread 	Salmon Fish Fingers or Baked Mackerel
VEGGIE OPTION		Broccoli, Sweetcorn Pasta Bake 	Hoi Sin Stir Fried Veg 	Southern Baked Quorn Burger 	Sweet Potato & Chick Pea Curry 	Quorn Loaded Chilli Dogs 
sides	Carb	New Potato Salad	Steamed Rice 	Roast Potato	Rice	Chips
	Veg	Mixed Bean Salads	Wilted kale / Edamame Salad 	Broccoli	Tomato & Onion Salad	Baked Beans
dips		Mayo/Dressing	Soy Sauce	Mayo	Chutney & Raita	Tartare/Ketchup

### Add a Dessert to your meal

#### dessert

Choice of Fresh Red and Green Apples , Oranges  and Bananas 

Seasonal Fruit Salad Pot , Black & Green Grape Pot , Mixed Melon Pot  and Organic Yoghurts 



(F50)

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#### AVAILABLE DAILY:

Jacket potatoes baked onsite with a daily choice of two toppings  
Mixed salad bar | Selection of seasonings | Wholesome soup bar | Deli grab & go range

