

WEEKLY MENU - WEEK 1

ACT 1

ACT 2

ACT 3

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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Choose 1 Main + 2 Sides + 1 Sauce or Dip

| | CHICKEN | GRILL | ITALIAN | CHICKEN | ORIGINALS |
|--------------------------------------|--|--|---|---|---|
| MAINS Choose 1 | Piri piri chicken | Freshly made beef burger, bun & salad | Turkey spaghetti bolognese | Southern baked chicken thighs | Freshly battered hoki OR Oven baked breaded pollack Oven baked salmon nuggets |
| or 1 Veggie | Piri piri quorn stir fry | Beetroot & carrot burger, bun & salad | Italian baked gnocchi | Southern baked halloumi burger, bun & salad | Quorn hot dog |
| SIDES Choose 2 | Lightly spiced oven baked diced potatoes Roasted spicy half corn on the cob Red cabbage coleslaw salad | Lightly spiced oven baked potato wedges Mixed salad Coleslaw | Freshly made parsley & garlic bread Tomato & onion salad Coleslaw | Baked half jacket potato Bbq baked beans Coleslaw | Oven baked chips Garden peas & carrots Red cabbage coleslaw salad |
| SAUCES & DIPS Choose 1 | Light mayonnaise and salad dressing (available for all mains) | | | | |
| | Light mayonnaise Piri piri dipping sauce | Tomato ketchup Burger relish | Light mayonnaise Salad dressing | Light mayonnaise BBQ dipping sauce | Tomato ketchup Tartare sauce |

| | MEXICAN | INDIAN | ORIGINALS | SOUTH AMERICAN | ORIGINALS |
|--------------------------------------|--|---|---|---|---|
| MAINS Choose 1 | Chilli con carne | Kerala chicken curry | Grilled pork sausage | Peruvian style chicken & green sauce | Freshly battered hoki OR Oven baked breaded pollack Oven baked salmon nuggets |
| or 1 Veggie | Three bean chilli | Sweet potato & chickpea curry | Grilled quorn sausage | Baked peruvian stuffed sweet potato | Hot dog: quorn hot dog |
| SIDES Choose 2 | Plain boiled white & brown rice Chilli & lime fresh broccoli Mixed salad | Braised turmeric rice Oven baked naan bread Mixed salad | Creamy mashed potato Garden peas Fresh glazed carrots | Braised rice Roast butternut squash & peppers Mixed salad | Oven baked chips Garden peas & carrots Red cabbage coleslaw salad |
| SAUCES & DIPS Choose 1 | Light mayonnaise and salad dressing (available for all mains) | | | | |
| | Guacamole Sour cream | Mango chutney Cucumber raita | Light mayonnaise Salad dressing | Guacamole Sour cream | Tomato ketchup Tartare sauce |

Salad Pick 'n' Mix

Choose a range of mains, toppings, sauces, dressings and bread

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| 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 roquette salad Tomato, onion & basil salad Green bean & carrot salad | Green salad Moroccan green pepper & tomato salad Moroccan green slaw Moroccan chickpea & sweetcorn 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?

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| 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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