

WEEKLY MENU - WEEK 1

MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY

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	Spaghetti bolognese	Southern baked chicken	Freshly battered hoki OR
	Piri piri chicken wings	Freshly made cheese burger, bun & salad	Deep pan pepperoni pizza	Southern baked chicken wrap	Oven baked salmon nuggets
or 1 Veggie	Piri piri Quorn stir fry	Quorn burger, bun & salad	Italian baked gnocchi	Southern baked Quorn fillets	Quorn hot dog
SIDES Choose 2	Braised rice	Lightly spiced Oven baked potato wedges	Freshly made parsley and garlic bread	Baked half jacket potato	Oven baked chips
	Oven baked Sweet potato wedges	Caramelised red onion	Grated fresh parmesan	Spicy roasted sweetcorn	Garden peas & carrots
	Roasted spicy half corn on the cob	Baked beans	Green salad	BBQ baked beans	Mushy peas
	Baked beans	Mixed salad	Tomato, onion & basil salad	House salad	Baked beans
	Mixed salad	Coleslaw	Green bean & carrot salad	Red cabbage coleslaw salad	Pickled onion
	Coleslaw	Pickled gherkin	Mixed olives		Pickled gherkin
SAUCES & DIPS Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	Sweet sticky tabasco sauce	Tomato ketchup	Garlic & herb mayonnaise	Sweet sticky tabasco sauce	Tomato ketchup
	Sweet chilli dipping sauce	Burger relish	Freshly made tomato salsa	Sweet chilli dipping sauce	Tartare sauce
	Piri piri dipping sauce	American mild mustard sauce	Honey, mustard & lemon dressing	BBQ dipping sauce	BBQ dipping sauce

	MEXICAN	INDIAN	ORIGINALS	EASTERN	ORIGINALS
MAINS Choose 1	Chilli con carne	Kerala chicken curry	Grilled cumberland sausage	Moroccan shredded chicken	Fish fingers OR
	Cajun spiced chicken fajita	Chicken tikka stonebaked pizza	Ciabatta sausage & tomato pizza	Moroccan chicken flat bread	Oven baked salmon nuggets
or 1 Veggie	Three bean chilli	Sweet potato & chickpea curry	Grilled Quorn sausage	Moroccan vegetable tagine	Quorn hot dog, bun & salad
SIDES Choose 2	Plain boiled white & brown rice	Braised turmeric rice	Caramelised red onion	Braised rice	Oven baked chips
	Roasted spicy Half corn on the cob	Bombay potatoes	Garden peas	Moroccan green pepper & tomato salad	Garden peas & carrots
	Chilli & fresh lime broccoli	Sag aloo	Fresh glazed carrots	Moroccan chickpea & sweetcorn	Mushy peas
	Mixed salad	Green salad with pickled cucumber	Creamy mashed potato	Green salad	Baked beans
	Coleslaw	Oven baked naan bread	Caramelised red onion	Moroccan green slaw	Pickled onion
	Freshly made parsley & garlic bread		Mixed salad	Khobez bread	Pickled gherkin
SAUCES Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	Freshly made tomato salsa	Mango chutney	Onion gravy	Lemon mayonnaise	Tomato ketchup
	Sour cream	Cucumber raita	Light mayonnaise	Mint & lime yoghurt dressing	Tartare sauce
	Guacamole	Mint & lime yoghurt dressing	Honey, mustard & lemon dressing	Moroccan yoghurt dressing	BBQ dipping sauce

Salad Pick 'n' Mix

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

SALAD MAIN	Mixed salad	House salad	Green salad	Green salad	House salad
	Coleslaw	Coleslaw	Simple roquette salad	Moroccan green pepper & tomato salad	Coleslaw
	Roasted sweet pepper & pasta salad	Lightly spiced rice & pepper salad	Tomato, onion & basil salad	Moroccan green slaw	Simple grated carrot salad
	Simple beetroot salad	New potato salad	Green bean & carrot salad	Moroccan chickpea & sweetcorn	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 and green apples, oranges and bananas Seasonal fruit salad pot, black & green grape pot, mixed melon pot
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