

WEEKLY MENU - WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------

Choose 1 Main + 2 Sides + 1 Sauce or Dip

	CHICKEN	ITALIAN	ORIGINALS	CHICKEN	ORIGINALS
MAINS Choose 1	Southern baked chicken	Traditional lasagne	Roast pork bap	BBQ chicken	Freshly battered hoki OR
	Southern baked chicken burger, bun and salad	Chicken & bacon carbonara pasta box	Roast chicken bap	BBQ meatball calzone	Oven baked battercrisp cod fillet
or 1 Veggie	Southern baked Quorn burger, bun and salad	Deep pan margherita	Yorkshire pudding roast sweet potato wrap	BBQ pulled quorn & red cabbage coleslaw bun	Deep pan margherita
SIDES Choose 2	Baked half jacket potato	Freshly made parsley and garlic bread	Sage & onion stuffing	Baked half jacket potato	Oven baked chips
	Spicy roasted sweetcorn	Grated fresh parmesan	Roasted potatoes & dipping gravy	Oven baked sweet potato wedges	Garden peas & carrots
	BBQ baked beans	Green salad	House salad	Roasted spicy half corn on the cob	Mushy peas
	House salad	Tomato, onion & basil salad	Red cabbage coleslaw salad	Baked beans	Baked beans
	Red cabbage coleslaw salad	Green bean & carrot salad	Mixed salad	Mixed salad	Pickled onion
		Mixed olives	Coleslaw	Coleslaw	Pickled gherkin
SAUCES & DIPS Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	Sweet sticky tabasco sauce	Garlic & herb mayonnaise	Apple Sauce	Sweet sticky tabasco sauce	Tomato ketchup
	Sweet chilli dipping sauce	Freshly made tomato salsa	Gravy	Sweet chilli dipping sauce	Tartare sauce
	BBQ dipping sauce	Honey, mustard & lemon dressing	Honey, mustard & lemon dressing	Piri piri dipping sauce	BBQ dipping sauce

	ASIAN	MEXICAN	INDIAN	ASIAN	ORIGINALS
MAINS Choose 1	Slow braised Chinese pork	Cajun spiced chicken fajita	Chicken jalfrezi	Korean stir fried chicken	Fish fingers OR
	Sweet & sour chicken	Spicy beef enchilada	Indian burrito chicken tikka & spinach	Vietnamese chicken rolls	Phat Pasty sausage roll
or 1 Veggie	Sweet & sour beans & vegetables	Bean & vegetable fajita	Quorn jalfrezi	Korean stir fried vegetables & noodles	Deep pan margherita
SIDES Choose 2	Braised rice	Plain boiled white and brown rice	Braised turmeric rice	Braised rice	Oven baked chips
	Noodles	Boiled half corn on the cob	Bombay potatoes	Noodles	Garden peas & carrots
	Spiced noodles	Chilli & fresh lime broccoli	Sag aloo	Spiced noodles	Mushy peas
	Udon noodles	Mixed salad	Green salad with pickled cucumber	Udon noodles	Baked beans
	Stir fry vegetables	Coleslaw	Oven baked naan bread	Stir fry vegetables	Pickled onion
	Stir fried Chinese leaf & bok choy	Freshly made parsley and garlic bread		Stir fried chinese leaf & bok choy	Pickled gherkin
SAUCES Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	Dark soy sauce	Sour cream	Mango chutney	Dark soy sauce	Tomato ketchup
	Sesame soy dressing	Guacamole	Cucumber raita	Sesame soy dressing	Tartare sauce
	Kimchi dressing	Freshly made tomato salad	Mint & lime yoghurt dressing	Kimchi dressing	BBQ dipping sauce

Salad Pick 'n' Mix

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

SALAD MAIN	House salad	Mixed salad	House salad	Green salad	House salad
	Red cabbage coleslaw salad	Coleslaw	Tomato, red onion & carrot salad	Tomato, onion & basil salad	Coleslaw
	Simple sweetcorn salad	Simple sweetcorn salad	Red cabbage coleslaw salad	Korean green bean salad	Simple grated carrot salad
	Mixed bean salad	Roasted sweet pepper & pasta salad	Lightly spiced rice & pepper salad	Asian coleslaw 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?

DESSERT	Choice of fresh red and green apples, oranges and bananas Seasonal fruit salad pot, black & green grape pot, mixed melon pot
----------------	---

ACT 1

ACT 1

ACT 2

ACT 2

ACT 3

ACT 3