

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Sausage & Mash - Onion Gravy, Steamed Broccoli	Kung Pao Chicken - Shredded Greens, Egg Fried Rice, Prawn Crackers	Lemon Chicken & Pesto Pasta Bake - Mixed Garden Salad, Peas	Chilli Con Carne - Nachos, Rice, Sour Cream & Salsa	Battered Fish / Salmon Fishcakes - Chips, mushy peas
Vegetarian Meal	Veggie Sausage & Mash - Onion Gravy, Steamed Broccoli	Oriental Stir Fried Noodles - Crunchy Vegetables	Macaroni Cheese - Mixed Garden Salad	Quorn Chilli Con Carne - Nachos, Rice, Sour Cream & Salsa	Feta, Squash, Tofu, Mint Pakora - Mixed Salad
Pasta Pots	Tomato & Basil - Pesto	Tomato & Basil - Quorn Bolognese	Tomato & Basil - Arrabiata	Tomato & Basil - Carbonara	Tomato & Basil - Florentine
Salads and Sandwiches	A selection of freshly made salad pots, baguettes and bloomers.				
Cakes	A selection of home-made muffins and traybakes.				
Paninis	A freshly baked Margherita pizza panini melt				
Cold Puds	Ice Cream Bar	Banoffee Pot	Chocolate Orange Yoghurt Mousse Pot	Oreo & Blueberry Cheesecake	Cucina Sundae
Fruit Pots	Watermelon	Pineapple & Pomegranate	Pineapple & Toffee Pot	Fresh Fruit Salad	Grape Pot
Yoghurt Pots	Greek Style Honey	Lemon	Strawberry	Mango	Passion Fruit
Drinks	A Selection of Chilled Drinks prices from 65p				

TRY OUR HOME-MADE
SOUP
WITH FRESHLY BAKED BREAD

LOOK OUT FOR
AMAZING BLUE DOT
MEAL DEALS

PIZZAS, WRAPS & PANINIS
FRESH OPTIONS
EVERY DAY

TAKE HOME A TAKEAWAY
Collect Before You Go Home

LUNCH MEAL DEAL
Check out what's on offer today!

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WATCH OUT FOR OUR
POP UP
& STREET FOOD PROMOTIONS

All of Our Deli Range, Sandwiches, Salads & Desserts are
FRESHLY MADE HERE DAILY

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef Bolognese - Cheesy Garlic Bread, Peas, Garden Salad	Chicken Katsu Curry - 50/50 Rice, stir Fried Greens, Japanese Crackers	Cottage Pie - Roasted Root Vegetables	Smokey BBQ Chicken - Savoury Rice, Blackened Corn	Battered Fish / Salmon Fishcakes - Chips, Minted peas
Vegetarian Meal	Veggie Bolognese - Cheesy Garlic Bread, Peas, Garden Salad	Vegetable, Tofu, Soya Bean Spring Roll - 50/50 Rice, stir Fried Greens	Goats Cheese & Onion Marmalade Wellington - Roasted Root Vegetable, Veggie Gravy	Smokey BBQ Oumph - Savoury Rice, Blackened Corn	Tandoori Cauliflower Burger - Minted Yoghurt Slaw
Pasta Pots	Tomato & Basil - Pesto	Tomato & Basil - Quorn Bolognese	Tomato & Basil - Arrabiata	Tomato & Basil - Carbonara	Tomato & Basil - Florentine
Salads and Sandwiches	A selection of freshly made salad pots, baguettes and bloomers.				
Cakes	A selection of home-made muffins and traybakes.				
Paninis	A freshly baked Margherita pizza panini melt				
Cold Puds	Fruit Trifle	Whoopie Pie	Strawberry Cheesecake	Raspberry Tiramisu	Cucina Sundae
Fruit Pots	Watermelon	Pineapple & Pomegranate	Pineapple & Toffee Pot	Fresh Fruit Salad	Grape Pot
Yoghurt Pots	Greek Style Honey	Lemon	Strawberry	Mango	Passion Fruit
Drinks	A Selection of Chilled Drinks prices from 65p				

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beef & Pork Meatballs In Tomato Sauce - Garlic Focaccia, Peas, Mixed Salad	Mild Chicken Korma - 50/50 Rice, Poppadums, Pickle Tray	24hr Braised BBQ Pork - Creole rice, Blackened Corn	Smokey BBQ Chicken - Cajun Wedges, BBQ Beans, Coleslaw	Battered Fish / Salmon Fishcakes - Chips, Garden peas
Vegetarian Meal	Veggie Sausage & Mash - Onion gravy, steamed broccoli	Oriental Stir Fried Noodles - Crunchy Vegetables	Mature Cheddar & Broccoli Quiche - Mixed Salad or Seasonal Vegetables	Cajun Grilled Halloumi Burger - Cajun Wedges, BBQ Beans, Coleslaw	Falafel, Crunchy Slaw & Spicy Houmous Pitta - Mixed Salad
Pasta Pots	Tomato & Basil - Pesto	Tomato & Basil - Quorn Bolognaise	Tomato & Basil - Arrabiata	Tomato & Basil - Carbonara	Tomato & Basil - Florentine
Salads and Sandwiches	A selection of freshly made salad pots, baguettes and bloomers.				
Cakes	A selection of home-made muffins and traybakes.				
Paninis	A freshly baked Margherita pizza panini melt				
Cold Puds	Lemon Yoghurt Cheesecake Pot	Manog & Lime Panna Cotta	Chocolate Brownie Torte	Eton Mess	Cucina Sundae
Fruit Pots	Watermelon	Pineapple & Pomegranate	Pineapple & Toffee Pot	Fresh Fruit Salad	Grape Pot
Yoghurt Pots	Greek Style Honey	Lemon	Strawberry	Mango	Passion Fruit
Drinks	A Selection of Chilled Drinks prices from 65p				

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