

MENU WEEK 1



Don't forget to look out for **special day** menus & limited edition recipes from our **Colourfuel** monthly ingredients.



6th September, 25th September,
16th October, 13th November, 4th December

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

House rubbed Jerk
Chicken Mac and Cheese
(G,Mu,Mk)

Mexican Chicken and
Pepper Fajita with Floured
Tortilla and Beans
(G,Mu,Mk)

Chicken Sausages served with
Onion Gravy
(G,Su)

Chinese Chicken
Curry with Peas
(G,So,Mu)

Fish Finger Bap
(G,Su,Se,F,E)
with Lemon Coleslaw
(E)

VEGGIE #MeatFree

Jerk spiced Quorn with
Mac and Cheese
(G,Mu,Mk,E)

Mozzarella and Tomato
Quesadilla, Spicy Tomato Rice
(G,Mk,Ce)

Veggie Sausages served
with Onion Gravy
(G,Ce)

Chinese crunchy
Vegetable Curry
(G,So,Mu)

Homemade Veggie Burger
with Tomato Relish in a
Toasted Bun
(G,So,Se,E)

VEG #ExtraGood

Steamed Broccoli

Sweetcorn

Green Beans

Garlic Roasted
Chinese Greens

Peas
Baked Beans

CARBS #ExtraEnergy

Rice and Peas

Mexican Rice
(Ce)

Creamy Mashed Potato
(Mk)

Egg Fried Rice
(G,So,E)

Chips

JACKET / PASTA #FuelStation

Tomato and Basil Pasta
(G)

Nutless Pesto Pasta
(G,Mk)

Chilli Arrabiata Pasta
(G,Su)

Penne alla Norma
(G,Mk)

Penne Bake
(G)

Cheese and Beans
filled Jackets
(Mk)

Tuna Mayonnaise
filled Jackets
(F,E,Mk)

Cheesy Coleslaw
filled Jackets
(Su,Mu,Mk,E)

Spicy Tomato sauce
filled Jackets
(Mu)

Cheese and beans
filled Jackets
(G)

STREET FOOD #Tasty

Spiced Chicken Burger
(G,Mk,E,Se,So,Mu)

Jerk Chicken Skewer
(G,So,Su,E,Mk,Se)

Tandoori Chicken
(G,Mk,Mu,So,Se)

Greedy Gringo Box
(G,E,Mk,Mu,So,Se)

Flammin Fish Burger
(G,Mk,F,E,Se)

PUDS #SweetTreat

Baked Citrus Pudding
with Lemon Sauce
(G,Mk,E)

Rocky Roads
(G,So,Mk)

Burnt Butterscotch
Rice Pudding
(Mk)

Banana Sponge
(G,Mk,E)

Gypsy Tart
(G,Su,So,Se)

ALLERGENS

Ce = Celery
Cr = Crustacean
E = Eggs
F = Fish

G = Cereals
containing Gluten
L = Lupin
Mk = Milk

Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

MEAL DEAL

Main & Dessert FOR ONLY £2.37

MENU WEEK 2



Don't forget to look out for **special day** menus & limited edition recipes from our **Colourfuel** monthly ingredients.



11th September, 2nd October, 30th October,
20th November, 11th December

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Mexican Beef
Chilli con Carne
(Mu)

Oven Baked Lasagne topped
with Mozzarella
(Mk,G)

Roast Chicken with Gravy,
Sage and Onion Stuffing
(G,Mk,E)

BBQ Sticky Chicken
(Su,So,G,Ce)
with BBQ Beans
(Su,So,G,Ce)

Battered Pollock with Tartare
Sauce and Lemon Wedge
(G,Su,F,E)
served with Chips and Peas

VEGGIE #MeatFree

Vegetarian Chilli con Carne
with Sour Cream
(So,Mu,Ce)

Veggie Hot Dog Roll with
Roasted Onions and Ketchup
(G,Su,So,Se)

Spring Onion, Cheddar
Cheese and Tomato Quiche
(G,Mk,E)

Roasted Veggie Lasagne
with Mozzarella Cheese
(G,Mk,E)

Singapore Vegetable Stir Fry
(G,Su,So,E)

VEG #ExtraGood

Sweetcorn and Roasted
Courgettes

Chef's Salad

Carrots and Green Beans

Steamed Broccoli

Peas
Baked Beans

CARBS #ExtraEnergy

Steamed Fluffy Rice

Garlic Focaccia
(G,Mk)

Roast Potatoes

Egg Fried Rice
(E)

Chips

JACKET / PASTA #FuelStation

Tomato and Basil Pasta
(G)

Nutless Pesto Pasta
(G,Mk)

Chilli Arrabiata Pasta
(G,Su)

Penne alla Norma
(G,Mk)

Penne Bake
(G)

Cheese and Beans
filled Jackets
(Mk)

Tuna Mayonnaise
filled Jackets
(F,E,Mk)

Cheesy Coleslaw
filled Jackets
(Su,Mu,Mk,E)

Spicy Tomato sauce
filled Jackets
(Mu)

Cheese and beans
filled Jackets
(G)

STREET FOOD #Tasty

Spiced Chicken Burger
(G,Mk,E,Se,So,Mu)

Jerk Chicken Skewer
(G,So,Su,E,Mk,Se)

Tandoori Chicken
(G,Mk,Mu,So,Se)

Greedy Gringo Box
(G,E,Mk,Mu,So,Se)

Flammin Fish Burger
(G,Mk,F,E,Se)

PUDS #SweetTreat

Jam and Coconut Steamed
Sponge and Custard
(G,Mk,E)

Chocolate Brownie
(G,E)

Chocolate Sponge and
Custard
(G,Mk,E)

Flapjack
(G)

Bread and Butter Pudding
(G,Su,So,Mk,E)

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MEAL DEAL

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MENU WEEK 3



Don't forget to look out for **special day** menus & limited edition recipes from our **Colourfuel** monthly ingredients.



18th September, 9th October, 6th November,
27th November, 18th December

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Slow Cooked Bolognaise
Beef Pasta Bake
(G,Mk)

Kung Pao Chicken
Stir Fry with Peppers
(G,So,Mu,Ce)

Roast Turkey, Stuffing
and Roast Gravy
(G,Mk,E)

Chicken Rogan Josh
with Mango Chutney

Fish Finger Wraps with
Lettuce and Mayonnaise
(G,F,E)

VEGGIE #MeatFree

Veggie Mince
Bolognaise Pasta Bake
(G,So,Mk)

Kung Pao Quorn
Stir Fry with Peppers
(G,So,Mu,E,Ce)

Cheese, Leek and
Butternut Squash Pie
(G,Mk)

Vegetable Rogan Josh
with Mango Chutney

Cheese and
Onion Turnover
(G,Mk,E)

VEG #ExtraGood

Sweetcorn

Garlic Roasted Chinese
Greens

Cabbage and Carrots

Roasted Aromatic Cauliflower
(Mu)

Peas
Baked Beans

CARBS #ExtraEnergy

Garlic Bread

Egg Fried Rice

Roast Potatoes

Pilau Rice

Chips

JACKET / PASTA #FuelStation

Tomato and Basil Pasta
(G)

Nutless Pesto Pasta
(G,Mk)

Chilli Arrabiata Pasta
(G,Su)

Penne alla Norma
(G,Mk)

Penne Bake
(G)

Cheese and Beans
filled Jackets
(Mk)

Tuna Mayonnaise
filled Jackets
(F,E,Mk)

Cheesy Coleslaw
filled Jackets
(Su,Mu,Mk,E)

Spicy Tomato sauce
filled Jackets
(Mu)

Cheese and beans
filled Jackets
(G)

STREET FOOD #Tasty

Spiced Chicken Burger
(G,Mk,E,Se,So,Mu)

Jerk Chicken Skewer
(G,So,Su,E,Mk,Se)

Tandoori Chicken
(G,Mk,Mu,So,Se)

Greedy Gringo Box
(G,E,Mk,Mu,So,Se)

Flammin Fish Burger
(G,Mk,F,E,Se)

PUDS #SweetTreat

Eves Pudding
(G,Mk,E)

Cornflake Tart and Custard
(G,Mk,E)

Vanilla Sponge and Custard
(G,E,Mk)

Lemon Blondie
(G,E)

Trifle
(G,Mk,E)

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