

	MAIN MEAL	MAIN VEGETARIAN	SIDES	PREMIUM MAINS
MONDAY	 Char beef kofta Bhudda Bowl with rice, topped with mint yoghurt	 Bean and spinach saag bhuna	Pilau rice Chopped salad	 Chef's Pizza of the day
TUESDAY	Reduced carbon beef chilli & rice burrito	Vegetarian sausage & winter veggies traybake, gravy	Homemade seasoned tiger wedges French beans Crispy onion rings	 The Snoop Dawg Sloppy Joe hot dog topped with chilli, cheese & crispy onion
WEDNESDAY	Roast chicken thigh, stuffing, gravy	Tomato & herb puff pastry roll	Thyme roast potatoes Carrots Sweet & sour braised red cabbage	 Mega Bite Southern Fried Chicken Strips with Cajun Tata Tots & Slaw
THURSDAY	Pork sausage with red onion gravy	Piri piri Jackfruit taco with roasted corn and braised rice	Mashed potatoes Braised rice Green cabbage Peas	 Szechuan Chicken Noodles Topped with carrot ribbons & soy sauce
FRIDAY	Choice of fish fingers or crispy battered fish fillet, lemon wedges Battered sausage	Quorn nugget wrap, Winter slaw and spicy mayo	Chips Curry sauce Peas Baked beans	 Station Masters Chickpea & Lentil Dahl served with Himalayan Rice, mini naan & minted yoghurt

Selection of hot & cold Grab & Go Snacks
**Also Available Daily Freshly made Cakes, Bakes, Fresh Fruit & a delicious
selection of Sweet Desserts & Yoghurt**
FOOD ALLERGIES & INTOLERANCES

If you require information on allergens or suffer from a food intolerance, please speak to a team member before you order food or drinks

	MAIN MEAL	MAIN VEGETARIAN	SIDES	PREMIUM MAINS
MONDAY	Reduced carbon Autumn sausage & bean cassoulet with wedge of crusty bread	Roasted butternut squash, garlic & fresh spinach pasta	Crusty bread New potatoes with fresh herbs Sweetcorn	 Chef's pizza of the day
TUESDAY	Teriyaki chicken, spring onion fried rice, stir fried vegetables	Plant power ragu	Vegetable rice Steamed Carrots & Broccoli with soy & honey dressing	 The Raye Burger Chickpea patty, pickles, tomato & sriracha mayo
WEDNESDAY	Reduced carbon minced beef pie with crunchy garlicky diced potato topping	Quorn sausage, rich onion gravy	Mashed potatoes Roasted roots Peas	 Sweet Chilli Chicken Noodles Topped with spring onion, fresh chilli & prawn-less crackers
THURSDAY	Reduced Carbon Chicken & sweetcorn pasta bake	Mac & cheese – served plain and simple or loaded for some extra yum!	Garlic slice Buttered green veggies	 WRAP SHACK Buttermilk Chicken served in a tortilla wrap with house slaw & sauce
FRIDAY	Choice of fish of the day, lemon wedges Battered sausage	Homemade cheese, bean & potato pastie	Chips Curry sauce Garden peas, baked beans	 Spiced Beef Keema Pot Served with rice & ruby beetroot yoghurt dressing

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	MAIN MEAL	MAIN VEGETARIAN	SIDES	PREMIUM MAINS
MONDAY	Chicken meatballs, Moroccan tomato & herb sauce	Winter squash tart with a cheese & herb short pastry crust	Jewelled Couscous Winter veg salad	 Chef's pizza of the day
TUESDAY	 Classic Butter Chicken Mild, rich and creamy	Butternut & chickpea tikka masala in rich tomato sauce	Pilau rice Green beans	 Veggie Quesadilla Bursting with roasted sweet potato, melted cheese, spinach, chutney & coriander
WEDNESDAY	Roast British chicken or gammon, Yorkshire pudding, gravy	Yorkshire pudding filled with cheesy cauliflower & leeks	Roast potatoes Medley of green vegetables Carrots	 Sweet Potato Falafel Bhudda Bowl Moroccan couscous, mint yogurt, winter slaw
THURSDAY	Reduced carbon rich beef bolognese With spaghetti	Roasted vegetable lasagne	Pasta Sweetcorn Peas	 Dirty Wings Jerk Chicken with honey chilli dressing, lime yoghurt dip
FRIDAY	Choice of fish fingers or crispy battered fish fillet, lemon wedges, homemade tartare sauce	Homemade bean burger, onion ring, tomato sauce, slaw	Chips Fruity slaw Baked beans, Peas	 The Fender Stack Classic beef burger, lettuce, tomato, pickles burger sauce

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