

Week 1 Spring Menu



At the heart of everything we do is our love of good, fresh and healthy food, prepared by a team who cares!

Mon	Tue	Wed	Thu	Fri
 <p>From £2.35</p> <p>MAINS</p> <p><i>Fresh Flavours</i></p>	<p>Masala Days</p> <p>Chicken Tikka Masala</p> <p>Veggie Tikka Masala</p> <p>Pilau rice or Bombay Potatoes</p> <p>Onion Bhajis</p> <p>Vegetable samosas</p> <p>Naan bread</p> <p>Mango Chutney</p> <p>Onion Salad</p> <p>Mint and Yoghurt sauce</p>	<p>Tex Mex</p> <p>Chicken Enchilada baked with tomato and cheese</p> <p>Vegetable enchilada with BBQ beans, coriander</p> <p>Loaded Fries Topped with: Chilli Salsa cheese nachos Jalapenos</p>	<p>Fish & Chip Shop</p> <p>Battered Fish Fillet</p> <p>Cheese and Onion Pattie</p> <p>Sausage dogs</p> <p>Oven baked Chips</p> <p>Garden Peas</p> <p>Mushy Peas</p> <p>Baked Bean</p> <p>Pickled Onions, Buttered rolls</p> <p>Chunky Tartare sauce, Ketchup and Lemon</p>	<p>Classic Italian Beef Lasagne served with chef's seasonal salad and garlic bread</p> <p>Mediterranean vegetable lasagne served with chef's seasonal salad and garlic bread</p>
 <p>From 2.35</p> <p>VEGGIE</p> <p><i>Meat Free</i></p>	<p>Kung Pao Chicken stir fry with peppers and noodles</p> <p>Steamed Rice</p> <p>Garlic and chili roasted greens</p> <p>Kung Pao Quorn stir fry with pepper and noodles</p> <p>Steamed Rice</p> <p>Garlic and chili roasted greens</p>			

every week!
Look out for our
Theme Bars

JACKET POTATOES
 WITH ALL THE BEST TOPPING!

 **SALAD BAR**
 Fresh every day packed with tasty choices!

MEAL DEAL

Check out what's on offer today!
 Also available for Free School Meals

ALLERGENS
 Speak to one of our chefs if you have any allergies or check on the daily menu template.
we're allergy gurus!

From £2.30

GLOBAL EATS

- MONDAY**
Jumbo Hot Dog with BBQ Sauce and Sweet Potato Crisps
- TUESDAY**
Pizza Panini
- WEDNESDAY**
Chilli beef loaded skins
- THURSDAY**
Chicken Pad Thai with Sweet Chilli Sauce
- FRIDAY**
Cheese and tomato pizza

From £1.90

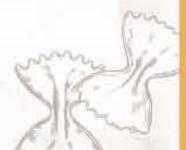
PASTA BAR

- SERVED EVERYDAY**
- Freshly cooked Pasta:
- Slow cooked Beef Bolognaise
- Tomato and Basil Sauce
- Served with:
- Home baked Garlic Bread
- Pesto
- Cheese

From £1.20

DESSERT

- MONDAY**
Apple Crumble with Custard
- TUESDAY**
St Stephens Pudding with Vanilla Custard
- WEDNESDAY**
Cornflake cake
- THURSDAY**
Jam and Coconut Sponge with Custard
- FRIDAY**
Cornflake cake



Week 2 Spring Menu



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Mon Tue Wed Thu Fri



From £2.35
MAINS
Fresh Flavours



From £2.35
VEGGIE
Meat Free

Mac cheese with salad or garlic bread

Paprika roasted Vegetable Pasta

Burgers

Spicy Chicken Burger
Falafel Burger
All served in a sesame seed bun

Add Mayonnaise, shredded iceberg, fried onions, ketchup

Chips / Oven Chips
Onion Rings

Extras

Sliced Cheese
Pineapple

Caribbean

BBQ Jamaican Jerk Spiced Chicken

Trinidad Doubles served with curried Chick Peas

Trinidadian Corn Pie

Jamaican Rice and Peas

Jamaican Patties

Juicy Carrot and Pineapple Salad

Thu

Beef Chilli con Carne with sour cream and crushed nachos or steamed rice

Vegetarian Mince Chilli con carne, served with tortilla chips, sour cream and jalapenos

Fri

Fish & Chip Shop

Battered Fish Fillet
Jumbo Sausage Roll

Cumberland sausage

fish finger dogs

Oven baked Chips

Garden Peas
Mushy Peas
Baked Bean
Curry Sauce

Pickled Onions, buttered rolls, Pickled Gherkins, Chunky Tartare sauce, Ketchup and Lemon

From £2.35

GLOBAL EATS

MONDAY

Cheese & ham panini

TUESDAY

Loaded potato wedges

WEDNESDAY

Bombay chicken flat bread

THURSDAY

BBQ Pulled Pork in a floured bun

FRIDAY

Stone baked pizza

From £1.90

PASTA BAR

SERVED EVERYDAY

Freshly cooked Pasta:

Slow cooked Beef Bolognaise

Tomato and Basil Sauce

Served with:

Home baked Garlic Bread
Pesto
Cheese

From £1.20

DESSERT

MONDAY

Eves Pudding with Custard

TUESDAY

Banoffee Pie

WEDNESDAY

Jamaican Ginger Cake

THURSDAY

Lemon mousse

FRIDAY

Chocolate Sponge with Chocolate Sauce



Week 3 Spring Menu



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From £2.35
MAINS
Fresh Flavours



From £2.35
VEGGIE
Meat Free

Sausage & Mash

Thai

Fish & Chip Shop

Open chilli beef wrap
With spicy rice

Pork Sausages
Chicken Sausages
Quorn vegan
Creamy mash
Sweet Potato Mash

Thai Green Chicken
Curry served with
Steamed rice
Pad Thai Noodles with
egg noodles and bean
shoots

Roast chicken with
roast potatoes potato
and carrots

Battered Fish Fillet
Cheese and Bean Pattie
Fish finger wrap
Oven baked Chips

Veggie Spaghetti
Bolognaise with garlic
bread

Classic Gravy
Onion Gravy
Garden peas
Mushy Peas
Baked Beans

Steamed Jasmine Rice
Egg Noodles
Crispy Thai Salad
Sweet Chilli Sauce
Prawns Crackers

Vegetable puff pastry
crown with roast
potatoes and carrots

Garden Peas
Mushy Peas
Baked Bean
Curry Sauce
Pickled Onions,
buttered rolls,
Chunky Tartare sauce,
Ketchup and Lemon

From £2.30

GLOBAL EATS

MONDAY
Singapore Noodles with Chicken Teriyaki

TUESDAY
Minced Beef Keema Curry with Peas and Rice

WEDNESDAY
Love Joes - Mediterranean Chicken Wrap

THURSDAY
Mexican chicken and Cajun peppers in a bun

FRIDAY
Margarita pizza

From £1.90

PASTA BAR

SERVED EVERYDAY
Freshly cooked Pasta:
Slow cooked Beef Bolognaise
Tomato and Basil Sauce

Served with:
Home baked Garlic Bread
Pesto
Cheese

From £1.20

DESSERT

MONDAY
Lemon Drizzle Cake
TUESDAY
Peach crumble with custard
WEDNESDAY
Apple Pie with Shortcrust Pastry and Custard

THURSDAY
Chocolate pot with chocolate soil

FRIDAY
Sticky Toffee Muffin



Week 4 Spring Menu



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Mon Tue Wed Thu Fri



From £2.35
MAINS
 Fresh Flavours



From £2.35
VEGGIE
 Meat Free

Pizza

Carvery

Fish & Chip Shop

Sticky BBQ Chicken with potato wedges and Cowboy Beans

Sticky BBQ Quorn and Vegetables with potato wedges and Cowboy Beans

12" Classic Margarita
 12" BBQ Chicken
 12" Roasted Vegetable Signature "Deep Pan"
 Garlic Pizza bread slices
 Potato wedges
 Chef's Salad
 Classic Coleslaw
 BBQ Beans
 Dipping sauces
 Garlic Mayonnaise
 Sweet Chilli
 BBQ Sauce
 Additions
 Spicy Chicken Wings

Sliced Roast Gammon
 Roast Vegetarian Loaf
 Yorkshire Pudding
 Roast pan gravy
 Sage and onion stuffing
 Crispy roast potatoes
 Roasted Carrots
 Garden peas
 Steamed Cabbage

Tandoori chicken curry with pilau rice
 Onion Bhajis
 Vegetable samosas
 Naan bread
 Mango Chutney
 Onion Salad
 Mint and Yoghurt sauce
 Vegetable korma with steamed rice

Battered Fish Fillet
 Cumberland sausage
 Sausage or fish finger dogs
 Oven baked Chips
 Garden Peas
 Mushy Peas
 Baked Bean
 Curry Sauce
 Pickled Onions, buttered rolls, Pickled Gherkins, Chunky Tartare Sauce, Ketchup and Lemon

From £2.30

GLOBAL EATS

MONDAY
 Chilli Dog with grated Cheddar and crushed Tortilla

TUESDAY
 Love Joes - Peri Peri Chicken with Rice and Coleslaw

WEDNESDAY
 Sancho pollo polenta chicken burger

THURSDAY
 Cheese and tomato Stromboli

FRIDAY
 Spicy bean Burger

From £1.90

PASTA BAR

SERVED EVERYDAY
 Freshly cooked Pasta:
 Slow cooked Beef Bolognaise
 Tomato and Basil Sauce
 Served with:
 Home baked Garlic Bread
 Pesto
 Cheese

From £1.20

DESSERT

MONDAY
 Banana Tea Bread

TUESDAY
 Mocca sponge and Custard

WEDNESDAY
 Banoffee muffin

THURSDAY
 Mixed Berry Flapjack

FRIDAY
 Warm Chocolate Brownie

