

MENU WEEK 1



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



16/01, 6/02, 6/03, 27/03

MON TUE WED THU FRI

£0.00
£0.00
£0.00
£0.00
£0.00
£0.00

MAINS #FreshFlavours

Piri Piri Chicken with Spicy Rice & Coleslaw (E,Su,Ce)

Sticky BBQ sausages With potato wedges (G,su)

Beef Chilli Con Carne with Mexican Rice, Sour Cream (Mu,Ce,Mk)

Indonesian Fried Chicken Noodles with Vegetables, Soy & Chilli (G,So,E)

Battered Fish (G,F)
Sausage (G,Su)
Served with chips

VEGGIE #MeatFree

Piri Piri vegetables with Spicy Rice & Coleslaw (E,Su,Ce)

Veggie Sausages, Onion Gravy, Creamy Mash (Mk,Su,So,Mu)

Vegetable Chilli with Mexican Rice, Sour Cream (Ce,Mk)

Indonesian Fried Veggie Noodles with Soy & Chilli (G,So)

Cheese and onion pastie (G,So,E,Mk)

VEG #ExtraGood

coleslaw

sweetcorn

beans

Vegetable chilli & soy (So)

Garden peas or Baked beans

METRO #FreshSandwiches

Hot dog (G)

Pepperoni & mozzarella baguette (G,Mk)

Onion Bhaji Sub (G,So,Mk)

Chicken Katsu Sando (G,Su,So,Mu,E,Ce)

Fish Finger Bap (G,Su,Se,F,E)

JACKET / PASTA #FuelStation

Tomato and Basil or bolognaise Pasta (G,Mk)

Tomato and basil or cheese Pasta (G,MK)

Tomato and basil or carbonara Pasta (G,MK,su)

Cheesy Macaroni (G,Mk)

Tomato and basil Pasta (G)

Cheese and Beans filled Jackets (Mk)

Cheese and beans filled Jackets (MK)

Cheese and beans filled Jackets (MK)

Cheese and beans filled Jackets (MK)

Cheese and Beans filled Jackets (Mk)

PUDS #SweetTreat

Chocolate Sponge & Custard (G,Mk,E)

Sticky toffee pudding (G,Mk,E)

Jam Sponge cake (G,Mk,E)

Sponge cake and custard (G,mk,E)

Apple Crumble and Custard (G,Mk)

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

TEXT + TEXT FOR ONLY £0.00

MENU WEEK 2



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



23/01, 20/02, 13/03

MON

TUE

WED

THU

FRI

£0.00

MAINS #FreshFlavours

Beef Burger in a Bun with BBQ Sauce, Lettuce, Tomato & Red Onion with Crispy Wedges (G,Su,Mk)

Oven Baked Lasagne topped with Mozzarella & Chef's Salad (G,Mk,E)
Extra: Garlic Bread

BBQ chicken drumstick with wedges (Su)

Chicken Fajita with Spicy Tomato Rice (G,Mu)

Battered Fish (G,F)
Sausage (G,Su)
Served with Chips

£0.00

VEGGIE #MeatFree

Veggie Burger in a Bun with BBQ Sauce, Lettuce, Tomato & Red Onion with Crispy Wedges

Roasted Vegetable Lasagne topped with Mozzarella with salad
Extra: Garlic Bread (G,So,Mk)

BBQ veggies sausage With wedges (G,So)

Veggie Quesadilla, Spicy Tomato Rice (Ce,G,Mu)

Cheese & Tomato Turnover (G,Mk,E)

£0.00

VEG #ExtraGood

beans

Green Beans

Carrots

Sweetcorn

Garden Peas or Baked Beans

£0.00

METRO #FreshSandwiches

Mexican chicken (G,Mu)

Pullet pork (G)

Meatball subway (G,,Se,Mk)

Croque Monsieur (G,Mu,Mk)

Fish Finger Bap (G,Su,Se,F,E)
Chip Buttie with Curry Sauce (G,Se,Mk,Mu)

£0.00

JACKET / PASTA #FuelStation

Tomato and basil or bolognaise Pasta (G,Mk)

Cheesy Macaroni (G,Mk)

Spicy Sausage and Chilli Pasta (G,Mk)

Tomato and basil or bolognaise Pasta (G,Mk)

Tomato and basil pasta (G,Mk)

Cheese and beans filled Jackets (Mk)

Cheese and beans filled Jackets (M,K)

Cheese and beans filled Jackets (M,K)

Cheese & Bean filled Jackets (M,K)

Cheese and Beans filled Jackets (Mk)

£0.00

PUDS #SweetTreat

Lemon Blondie (G,E)

Dorset Traybake (G,Mk,E)

Double Chocolate Sponge with Chocolate Sauce (G,So,Mk,E)

Apple & Berry Crumble with Custard (G,So,Mk)

Banoffee Pie (G,So,Mk)

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E = Eggs **Mk** = Milk **N** = Nuts **Su** = Sulphur Dioxide
F = Fish

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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.



30/01, 27/02, 20/03

MON

TUE

WED

THU

FRI

£0.00

MAINS #FreshFlavours

Chicken Tikka Masala with Pilau Rice & Mango Chutney
(G)

Southern baked crispy Chicken with wedges
(G,E,Mu,E)

Italian Beef Bolognaise Pasta Bake with Chefs' Salad
(G,Mk)

Crispy Asian Chilli Chicken with Rice
(G)

Battered Fish (G,F)
Sausage(G,Su)
All Served with chips

£0.00

VEGGIE #MeatFree

Vegetable Tikka Masala with Pilau Rice & Mango Chutney
(G)

Southern baked sweet potatoes steak with wedges
(G,Su)

Macaroni Cheese with a Crunchy Topping and Chef's Salad
(G,So,Mk)

Crispy Asian Chilli Vegetables with Rice
(G)

Cheese & Onion Pattie
(G,So,Mk,E)

£0.00

VEG #ExtraGood

Roasted Cauliflower

Coleslaw

Green Beans

Garlic and Soy Roasted Chinese Leaf and Greens
(G,So)

Garden Peas or Baked Beans

£0.00

METRO #FreshSandwiches

Cheese & Onion
(G,Mk,E)

Nacho Chicken Bloomer
(G,Mk)

Pizza Melt
(G,Mk)

Pepperoni & Mozzarella
(G,Mk,E)

Fish Finger Bap (G,Su,Se,F,E)
Chip Buttie with Curry Sauce
(G,Se,Mk,Mu)

£0.00

JACKET / PASTA #FuelStation

Cheesy Pepperoni or tomato Pasta (G,Mk)

Tomato & Basil or carbonara
(G,Mk)

Tomato and basil Pasta
(G,Mk)

Tomato and basil or Bolognaise Pasta (G,Mk)

Tomato and basil Pasta (G)

Cheese and Beans filled Jackets (Mk)

Cheese and beans filled Jackets (Mk)

Cheese & Baked Bean Jackets (Mk)

Cheese and beans filled Jackets (Mk)

Cheese and Beans filled Jackets (Mk)

£0.00

PUDS #SweetTreat

Apple Crumble with Custard
(G,Mk)

Lemon blondie(G,E)

Jam & Coconut Sponge
(G,Mk,E)

Chocolate cake
(G,E)

Sponge cake with Custard
(G,E)

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