

# MENU WEEK 1



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



5<sup>th</sup> Sept, 26<sup>th</sup> Sept, 17<sup>th</sup> Oct

MON

TUE

WED

THU

FRI

## MAINS #FreshFlavours

Bangers and Mash with Gravy  
served with Peas or Beans  
(Mk,G,Su)

Sweet Chili Chicken Noodles &  
Prawn Crackers  
(G,E, So,Cr)

Beef Lasagne Served with  
Garlic Bread and Green Salad  
(G,Mk)

Chilli con carne and Rice with  
Nachos, salsa, Guacamole and  
Sour Cream  
(Mk)

Chip Shop Friday  
(F,G,Su)

## VEGGIE #MeatFree

Veggie Sausages with Mash &  
Peas or Beans  
(M,G,Ce)

Sweet Chili Tofu & Veg Noodles  
(So,G,E)

Roasted Vegetable & Lentil  
Lasagne with Garlic Bread &  
Green Salad  
(G,Mk)

Quorn Chili and Rice with  
Nachos, Salsa, Guacamole & Sour  
Cream  
(Mk)

Veggie sausage Rolls  
(G,Mk)

## METRO #FreshSandwiches

Chicken Burger with coleslaw  
(Mk,G,E)

Ham and Brie Baguette  
(G,Mk)

New York Hot Dog with Fried  
onions  
(G)

Pulled Pork Baguette with BBQ  
Sauce  
(G)

Fish Finger & Chip Wrap  
(G,Mk,Mu,F)

## JACKET / PASTA #FuelStation

Tomato and Basil or Bolognaise  
Pasta  
(G,Mk,Su)

Tomato and Basil or Cheese  
Pasta  
(G,Mk,Su)

Tomato and Basil or  
Bolognaise Pasta  
(G,Su)

Tomato and Basil or Carbonnara  
Pasta  
(G,Mk,Su)

Tomato and Basil or Bolognaise  
Pasta  
(G,Su)

Cheese, beans or Coleslaw filled  
jackets  
(Mk)

Cheese, beans or Coleslaw filled  
jackets  
(Mk)

Cheese, beans or Coleslaw  
filled jackets  
(Mk)

Cheese, beans or Coleslaw filled  
jackets  
(Mk)

Cheese, beans or Coleslaw filled  
jackets  
(Mk)

## PUDS #SweetTreat

Baked Jam sponge with cream  
(Mk,E,G)

Sticky toffee pudding with  
toffee sauce  
(Mk,E,G,Su)

Apple and blackberry crumble  
with custard  
(G,Mk)

Chocolate Sponge and Chocolate  
sauce  
(Mk,G,E,Su)

Baked Rice Pudding with Jam  
sauce  
(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

Main Meal and Dessert  
FOR ONLY £3.00



## LOOK OUT

### BALANCE

Look out for our tasty new, planet friendly 'Balance' recipes, packed with extra goodness and a reduced carbon footprint, making each bite great for you & the environment!





# MENU WEEK 2



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



12<sup>th</sup> Sept, 3<sup>rd</sup> Oct, 24<sup>th</sup> Oct

MON

TUE

WED

THU

FRI

## MAINS #FreshFlavours

Chicken Korma with Pilau Rice,  
Poppadom's & Naan Bread  
(G,Mk)

Spaghetti Bolognese & Garlic  
Bread  
(G,Mk)

BBQ Chicken Drumsticks with  
Wedges & Sweetcorn  
(Su)

Teriyaki Chicken Noodles served  
with Prawn Crackers  
(G,E,So,Su,Cr)

Chip Shop Friday  
(F,G,Su)

## VEGGIE #MeatFree

Spinach and Lentil Dahl with  
Steamed Rice, Naan Bread &  
Poppadum  
(G)

Vegi Cottage Pie with Peas  
(G,Mk)

Cheddar and Tomato Quiche  
with sweet potato wedges and  
Sweetcorn  
(G,Mk)

Squash and Bean Enchiladas with  
Cajun Wedges  
(G)

Cheese and Onion Patties served  
with chips and Peas  
(G,Mk)

## METRO #FreshSandwiches

Spicy Beef Wrap  
(G,Mk)

Hot Cajun Chicken Baguette  
(G,Mk,E)

Spicy salsa and cheddar glazed  
chicken Burrito  
(G,Mk)

Beef Burger loaded with cheese  
and onion marmalade  
(G,So,Mk)

Meatball marinara sub roll  
(G,Mk)

## JACKET / PASTA #FuelStation

Tomato and Basil or Bolognese  
Pasta & Garlic Bread  
(G,Mk,Su)

Tomato and Basil or Cheese  
Pasta served & Garlic Bread  
(G,Mk,Su)

Tomato and Basil or Bolognese  
Pasta & Garlic Bread  
(G,Mk,Su)

Tomato and Basil or Carbonnara  
Pasta & Garlic Bread  
(G,Mk,Su)

Tomato and Basil or Bolognese  
Pasta & Garlic Bread  
(G,Mk,Su)

Cheese, beans or Coleslaw  
filled jackets  
(Mk)

Cheese, beans or Coleslaw filled  
jackets  
(Mk)

Cheese, beans or Coleslaw  
filled jackets  
(Mk)

Cheese, beans or Coleslaw filled  
jackets  
(Mk)

Cheese, beans or Coleslaw filled  
jackets  
(Mk)

## PUDS #SweetTreat

Pineapple upside down cake  
with custard  
(G,Mk,E)

Apple Pie and Custard  
(G,Mk)

Jam tart and custard  
(G,Mk)

Warm Chocolate Brownie &  
Chocolate Sauce  
(G,Mk,E)

Ginger sponge and Custard  
(G,E,Mk,Su)



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## MEAL DEAL

Meal Deal and Dessert  
FOR ONLY £



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