

MAIN MEALS

From £2.85

01/09, 22/09, 13/10,
03/11, 24/11, 15/12

**AUTUMN MENU
WEEK ONE**



MON

TUE

WED

THU

FRI

★ **MASALA MOMENTS** ★

Chicken Tikka Masala with Mango Chutney (Mu)

Vegetable Tikka Masala with Mango Chutney (Mu)

Pilau Rice
Spicy Roasted Cauliflower

Extras: Naan Bread (G)

★ **AMERICAN DINER** ★

Buttermilk Chicken Burger with Ranch Slaw (G,E,So,Se,Mk)

Pizza Mac & Cheese with Garlic & Herb Bread (G,Mk,So)

Cajun Corn & Peppers (Mu)
Seasoned Fries

Extras: Onion Rings (G)

★ **ROAST** ★

Pulled Turkey with Stuffing & Herb Gravy (G)

Creamy Butternut & Vegetable Pie With Crunchy Crust (G,Mk)

Crunchy Roast Potatoes
Savoy Cabbage & Carrots

Extras: Yorkshire Pudding (G,E,Mk)

★ **TASTE OF JAMAICA** ★

Jamaican Jerk Chicken with Jerk Gravy

Jamaican Jerk Eat Curious with Jerk Gravy

Coconut Rice & Peas
Caribbean Coleslaw (E,Mk,So)

Extras: Flatbread (G,Mk,So)

★ **FISH & CHIP SHOP** ★

Battered Fish Fillet (G,F)

Crispy Chicken Tenders (G,Ce,Mk,Mu,Se)

Cheese & Onion Pasty (G,Mk)

Chips
Peas
Baked Beans

Extras: Curry Sauce (Mk,So)

Meal-Deal
Only £3.45

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GLOBAL EATS

From £2.35

MON

TUE

WED

THU

FRI

Hot Dogs with Mustard & Pickled Red Onions (G,Mu,Se,Su)

Cheesy BBQ Loaded Fries with Crispy Onions (G,Mk)

Korean Chicken Rice Bowl with Hot Chilli Sauce (G,Se,So)

Mexican Chicken Panini with Tortilla Chips (G,Mk,Mu,So)

Spicy Bean Burger with Coleslaw (G,E,Mk,Mu,So,Su,Se)

DESSERTS

Selection of home bakes, flapjacks, cookies, sponges, jelly and fruit pots

From £1.15

PASTA STATION

MONDAY

Bolognese (G), Basil Pesto (G,Mk), Macaroni Cheese (G,Mk)

TUESDAY

Creamy Chicken & Sweetcorn (G,Mk), Spicy Tomato Arrabbiata (G), Macaroni Cheese (G,Mk)

WEDNESDAY

Bolognese (G), Basil Pesto (G,Mk), Macaroni Cheese (G,Mk)

THURSDAY

Chicken Balti Rice Pot (G)
Vegan Chilli Sin Carne Rice Pot (G,Ce,So)

FRIDAY

Pepperoni Mac & Cheese with Crispy Onions (G,Mk,Mu)

From £2.35



ALLERGENS

we're allergy gurus!

Speak to one of our chefs if you have any allergies.

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

MAIN MEALS

From £2.85

08/09, 29/09, 20/10,
10/11, 01/12

AUTUMN MENU WEEK TWO



MON

★ TEX-MEX ★

Smoky Beef Eat Curious Chilli
Con Carne with Salsa (Mu)

Eat Curious Smoky Veggie
Chilli with Salsa
(Mu)

Nachos
Roasted Corn & Peppers

Extras: Spicy Potato Wedges
(Mu)

TUE

★ TASTE OF BRAZIL ★

Zesty Brazilian Chicken
(G)

Butternut & Sweet Potato
Moqueca (Mu)

Lime & Coriander Rice
Creamy Corn (Mk)

Extras: Cheesy Garlic Bread
Balls (G,Mk)

WED

★ HOME COMFORTS ★

Butchers Sausages with
Caramelised Onion Gravy
(G,Su)

Grilled Veggie Sausages with
Caramelised Onion Gravy
(G,Ce)

Creamy Mashed Potatoes
Roasted Broccoli

Extras: Yorkshire Pudding
(G,E,Mk)

THU

★ KATSU KITCHEN ★

Crispy Chicken Katsu (G,E)
with Curry Sauce (G,So)

Crispy Sweet Potato Katsu
(G,E) with Curry Sauce (G,So)

Steamed Rice
Asian Salad

Extras: Prawn Crackers
(Cr,Su)

FRI

★ FISH & CHIP SHOP ★

Battered Fish Fillet (G,F)

Baked Sausage Roll
(G,Mk,So,Su)

Crispy Vegetable Spring Rolls
with Curry Sauce
(G,Mk,Se,So)

Chips
Peas
Baked Beans

Extras: Curry Sauce (Mk,So)

Meal-Deal

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GLOBAL EATS

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MON

Fajita Chicken
Nachos
(Mk, So)

TUE

Eat Curious Lamb
Kofta with Pitta
(G,E,Mk,So)

WED

Korean BBQ
Chicken Wings
& Rice
(G,Su,So,Se,
Mu,Ce)

THU

Cheesy
Pepperoni Tater
Tots (G,Mk)

FRI

Crunchy Fish
Finger Wrap
with Tartare
Sauce (G,E,F)

DESSERTS

Selection of home
bakes, flapjacks,
cookies, sponges,
jelly and fruit pots

From £1.15

PASTA STATION

MONDAY

Creamy Chicken & Sweetcorn (G,Mk), Spicy
Tomato Arrabbiata (G), Macaroni Cheese (G,Mk)

TUESDAY

Bolognese (G), Basil Pesto (G,Mk),
Macaroni Cheese (G,Mk)

WEDNESDAY

Creamy Chicken & Sweetcorn (G,Mk), Spicy
Tomato Arrabbiata (G), Mac & Cheese with
Crispy Bacon & Spring Onion Crumb
(G,Mk,Mu,So)

THURSDAY

Chicken Balti Rice Pot (G)
Vegan Chilli Sin Carne Rice Pot (G,Ce,So)

FRIDAY

BBQ Mac & Cheese with Garlic Breadcrumbs
(G,Mk,So)

From £2.35

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15/09, 06/10, 27/10,
17/11, 08/12

AUTUMN MENU
WEEK THREE



MON

TUE

WED

THU

FRI

TASTE OF ITALY

PIZZA NAANS

ROAST

TEX-MEX

FISH & CHIP SHOP

Penne Bolognese Pasta Bake
(G,Mk) with Garden Salad

Chicken Gyros with Yoghurt
& mint & chilli sauce
(G,E,Mk)

Pulled Gammon with
Stuffing & Herb Gravy (G)

Mucho Mexican Chicken
Burrito Bowl (G,Mk,Mu)

Battered Fish Fillet (G,F)

Mediterranean Vegetable
Lasagne (G,Mk) with Garden
Salad

Sweet Potato falafel Gyros
with yoghurt & mint & chilli
sauce (G,E,Mk)

Roast Root Vegetable
Wellington with Stuffing &
Herb Gravy (G,E,So)

Mucho Mexican Eat Curious
Vegetable Burrito Bowl
(G,Mk,Mu)

Crispy Chicken Tenders
(G,Ce,Mk,Mu,Se)

Baked Potato Wedges
Steamed Seasonal Greens

Greek Cabbage Salad

Crunchy Roast Potatoes
Roasted Carrots & Parsnips

Zesty Lime Rice
Spicy Pinto Beans (G)

Crispy Vegetable Samosa
with Mango Chutney (G,Mu)

Extras: Garlic Bread
(G,Mk,So)

Extras: Seasoned Potato
wedges

Extras: Yorkshire Pudding
(G,E,Mk)

Extras: Tortilla Chips

Chips
Peas
Baked Beans

Extras: Curry Sauce (Mk,So)

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GLOBAL EATS

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TUE

WED

THU

FRI

Beef Burger in
a bun with
salad and
pickles
(G, Mk, Se)

Chicken Chow
Mein (G,E,So)

Beef Chilli
Loaded Waffle
Fries (Mk)

Korean Corn
Dogs
(G,E,Mk,Mu,SE,
Su,So)

Pepperoni
Marinara
Panini with
Nachos
(G,Mk,So)

DESSERTS

Selection of home
bakes, flapjacks,
cookies, sponges,
jelly and fruit pots

From £1.15

PASTA STATION

MONDAY

Chicken Balti Rice Pot (G)
Vegan Chilli Sin Carne Rice Pot (G,Ce,So)

TUESDAY

Bolognese (G), Basil Pesto (G,Mk),
Macaroni Cheese (G,Mk)

WEDNESDAY

Creamy Chicken & Sweetcorn (G,Mk), Spicy
Tomato Arrabbiata (G), Macaroni Cheese (G,Mk)

THURSDAY

Bolognese (G), Basil Pesto (G,Mk),
Macaroni Cheese (G,Mk)

FRIDAY

Mac & Cheese with Crushed Nachos & Salsa
(G,Mk,So)

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