



WEEK 1

### Classic Favourites

MONDAY



### EASTERN

TUESDAY



### Great British

WEDNESDAY



### SOUTHERN STYLE

THURSDAY



### Fish & Chips

FRIDAY



MAIN MEAL

**SAUSAGE & MASH**  
Onion Gravy, Steamed Broccoli

**KUNG PAO CHICKEN**  
Shredded Greens, Egg Fried Rice, Prawn Crackers

**LEMON CHICKEN & PESTO PASTA BAKE**,  
Mixed Garden Salad, Peas

**CHILLI CON CARNE**  
Nachos, Rice, Sour Cream, Salsa

**FRESHLY BATTERED FISH/ SALMON FISHCAKES**  
Chips, Mushy Peas

VEGETARIAN MEAL

**VEGGIE SAUSAGE & MASH**  
Onion Gravy, Steamed Broccoli

**ORIENTAL STIR FRIED NOODLES**  
Crunchy Vegetables

**MACARONI CHEESE**  
Mixed Salad or Seasonal Vegetables

**QUORN CHILLI CON CARNE**  
Nachos, Rice, Sour Cream, Salsa

**FETA, SQUASH, TOFU, MINT PAKORA**  
Mixed Salad

PASTA POTS

**TOMATO & BASIL**

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**PESTO PASTA**

**QUORN BOLOGNAISE**

**ARRABIATA**

**CARBONARA**

**FLORENTINE**

JACKET POTATO

**TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS**

HOT PUDS

**MIXED BERRY & APPLE CRUMBLE**  
Ice Cream

**AMERICAN STYLE PANCAKES**  
Fruit Toppings

**STICKY LEMON SPONGE**  
Custard

**CHURROS**  
Toffee Dipping Sauce

**CHOCOLATE SPONGE**  
Chocolate Sauce

COLD PUDS

**ICE CREAM BAR**

**BANOFFEE POT**

**CHOCOLATE ORANGE YOGHURT MOUSSE POT**

**OREO & BLUEBERRY CHEESECAKE**

**CUCINA SUNDAE**

FRUIT POT

**WATERMELON**

**PINEAPPLE & POMEGRANATE**

**PINEAPPLE & TOFFEE**

**FRESH FRUIT SALAD**

**GRAPES**

JELLY POTS

**STRAWBERRY JELLY**

**ORANGE JELLY**

**RASPBERRY JELLY**

**LEMON JELLY**

**MIXED BERRY JELLY**

YOGHURT POTS

**GREEK STYLE HONEY YOGHURT**

**LEMON YOGHURT**

**STRAWBERRY YOGHURT**

**MANGO YOGHURT**

**PASSION FRUIT YOGHURT**

TRY OUR HOME-MADE **SOUP**  
WITH FRESHLY BAKED BREAD

LOOK OUT FOR **AMAZING BLUE DOT MEAL DEALS**

**PIZZAS, WRAPS & PANINIS**  
FRESH OPTIONS EVERY DAY

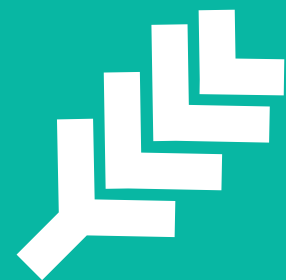
**TAKE HOME A TAKEAWAY**  
Collect Before You Go Home

**LUNCH MEAL DEAL**  
Check out what's on offer today!



WATCH OUT FOR OUR **POP UP & STREET FOOD PROMOTIONS**

All of Our Deli Range, Sandwiches, Salads & Desserts are **FRESHLY MADE HERE DAILY**



WEEK 2

### Classic Favourites

MONDAY



### EASTERN

TUESDAY



### Great British

WEDNESDAY



### SOUTHERN STYLE

THURSDAY



### Fish & Chips

FRIDAY



MAIN MEAL

#### BEEF BOLOGNAISE

Cheesy Garlic Bread, Peas, Garden Salad

#### CHICKEN KATSU CURRY

50/50 Rice, Stir Fried Greens, Japanese Crackers

#### COTTAGE PIE

Seasonal Vegetables

#### SMOKEY BBQ CHICKEN

Savoury Rice, Blackened Corn

#### FRESHLY BATTERED FISH/ SALMON FISHCAKES

Chips, Minted Peas

VEGETARIAN MEAL

#### VEGGIE BOLOGNAISE

Cheesy Garlic Bread, Pea, Garden Salad

#### VEGETABLE, TOFU, SOYA BEAN SPRING ROLL

50/50 Rice, Stir Fried Greens

#### GOATS CHEESE & ONION MARMALADE WELLINGTON

Seasonal Vegetables, Veggie Gravy

#### SMOKEY BBQ OUMPH

Savoury Rice, Blackened Corn

#### TANDOORI CAULIFLOWER BURGER

Minted Yoghurt Slaw

PASTA POTS

TOMATO & BASIL

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TOMATO & BASIL

PESTO PASTA

QUORN BOLOGNAISE

ARRABIATA

CARBONARA

FLORENTINE

JACKET POTATO

TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS

HOT PUD

#### CLASSIC APPLE PIE

Ice Cream

#### PINEAPPLE UPSIDE DOWN PUDDING

Vanilla Sauce

#### JAM SPONGE

Custard

#### BOSTON BROWNIE

Ice cream

#### CREPE BAR

Fruit Sauces

COLD PUD

FRUIT TRIFLE

WHOOPIE PIE

#### STRAWBERRY CHEESECAKE

#### RASPBERRY TIRAMISU

CUCINA SUNDAE

FRUIT POT

WATERMELON

#### PINEAPPLE & POMEGRANATE

FRESH FRUIT SALAD

PINEAPPLE & TOFFEE

GRAPES

JELLY POTS

STRAWBERRY JELLY

ORANGE JELLY

RASPBERRY JELLY

LEMON JELLY

MIXED BERRY JELLY

YOGHURT POTS

GREEK STYLE HONEY YOGHURT

LEMON YOGHURT

STRAWBERRY YOGHURT

MANGO YOGHURT

PASSION FRUIT YOGHURT

TRY OUR HOME-MADE **SOUP** WITH FRESHLY BAKED BREAD

LOOK OUT FOR AMAZING BLUE DOT MEAL DEALS

 PIZZAS, WRAPS & PANINIS FRESH OPTIONS EVERY DAY

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WEEK 3

**Classic Favourites**  
MONDAY

**EASTERN**  
TUESDAY

**Great British**  
WEDNESDAY

**SOUTHERN STYLE**  
THURSDAY

**Fish & Chips**  
FRIDAY

**MAIN MEAL**

**BEEF & PORK MEATBALLS IN TOMATO SAUCE**  
Garlic Focaccia, Peas, Mixed Salad

**MILD CHICKEN KORMA**  
50/50 Rice, Poppadums, Pickle Tray

**24HR BRAISED BBQ PORK**  
Creole Rice, Charred Corn

**FERNANDOS CHICKEN IN A BUN**  
Cajun Wedges, BBQ Beans, Coleslaw

**FRESHLY BATTERED FISH/ SALMON FISHCAKES**  
Chips, Garden Peas

**VEGETARIAN MEAL**

**TOMATO, PEPPER & MOZZARELLA PASTA BAKE**  
Garlic Focaccia, Peas, Mixed Salad

**SQUASH, CHICKPEA & SPINACH BALTI**  
50/50 Rice, Poppadums, Pickle Tray

**MATURE CHEDDAR & BROCCOLI QUICHE**  
Mixed Salad or Seasonal Vegetables

**CAJUN GRILLED HALLOUMI BURGER**  
Cajun Wedges, BBQ Beans, Coleslaw

**FALAFEL, CRUNCHY SLAW & SPICY HOUMOUS PITTA**  
Mixed Salad

**PASTA POTS**

**TOMATO & BASIL**

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**PESTO PASTA**

**QUORN BOLOGNAISE**

**ARRABIATA**

**CARBONARA**

**FLORENTINE**

**JACKET POTATO**

**TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS**

**HOT PUD**

**WAFFLE BAR**  
Ice Cream

**JAM ROLY POLY**  
Custard

**STICKY TOFFEE PUDDING**  
Toffee Sauce

**CHOCOLATE BREAD & BUTTER PUDDING**  
Custard

**APPLE & PEAR CRUMBLE**  
Ice Cream

**COLD PUD**

**LEMON YOGHURT CHEESECAKE POT**

**MANGO & LIME PANNA COTTA**

**CHOCOLATE BROWNIE TORTE**

**ETON MESS**

**CUCINA SUNDAE**

**FRUIT POT**

**WATERMELON**

**PINEAPPLE & POMEGRANATE**

**FRESH FRUIT SALAD**

**PINEAPPLE & TOFFEE**

**GRAPES**

**JELLY POTS**

**STRAWBERRY JELLY**

**ORANGE JELLY**

**RASPBERRY JELLY**

**LEMON JELLY**

**MIXED BERRY JELLY**

**YOGHURT POTS**

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