

MENU WEEK 1



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



4th September, 25th September, 30th October, 20th November, 11th December

MON

TUE

WED

THU

FRI

£0.00

MAINS
#FreshFlavours

House rubbed Jerk Chicken Mac and Cheese
(G,Mu,Mk)

Mexican Turkey and Pepper Fajita with Floured Tortilla and Beans
(G,Mu,Mk)

Butchers Pork Sausages served with Onion Gravy
(G,Su)

Chinese Chicken Curry with Peas
(G,So,Mu)

Chicken Burger with Lemon Coleslaw
(E,Mk,G)

£0.00

VEGGIE
#MeatFree

Jerk spiced Quorn with Mac and Cheese
(G,Mu,Mk,E)

Mozzarella and Tomato Quesadilla, Spicy Tomato Rice
(G,Mk,Ce)

Veggie Sausages served with Onion Gravy
(G,Ce)

Chinese crunchy Vegetable Curry
(G,So,Mu)

Homemade Veggie Burger with Tomato Relish in a Toasted Bun
(G,So,Se,E)

£0.00

VEG
#ExtraGood

Steamed Broccoli

Sweetcorn

Green Beans

Garlic Roasted Chinese Greens

Peas Baked Beans

£0.00

CARBS
#ExtraEnergy

Garlic Bread
(G,So,Mk)

Mexican Rice
(Ce)

Creamy Mashed Potato
(Mk)

Egg Fried Rice
(G,So,E)

Chips

£0.00

JACKET / PASTA
#FuelStation

Tomato and Basil Pasta
(G)

Nutless Pesto Pasta
(G,Mk)

Chilli Arrabiata Pasta
(G,Su)

Cheesy Penne
(G,Mk)

Beef Bolognese Pasta
(G)

Cheese and Beans filled Jackets
(Mk)

Tuna Mayonnaise filled Jackets
(F,E)

Cheesy Coleslaw filled Jackets
(Su,Mu,Mk,E)

Chilli con Carne filled Jackets
(Mu)

Cheese and beans filled Jackets
(G)

SNACK
#SuperTasty

Margherita Pizza
(G,So,Mk)

Pepperoni Panini
(Mkt,G)

Cornish Pasty
(G,Mk)

BBQ Chicken Baguette
(G,Mk)

Chicken Slice
(G,Mk)

ALLERGENS

Ce = Celery G = Cereals Mo = Molluscs Se = Sesame Seeds
Cr = Crustacean containing Gluten Mu = Mustard So = Soya
E = Eggs L = Lupin N = Nuts Su = Sulphur Dioxide
F = Fish Mk = Milk P = Peanuts

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.



11th September, 2nd October, 6th November,
27th November, 18th December

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Mexican Beef
Chilli con Carne
(Mu)

BBQ Sticky Chicken
(Su,So,G,Ce)
with BBQ Beans
(Su,So,G,Ce)

Roast Gammon with Gravy,
Sage and Onion Stuffing
(G,Mk,E)

Oven Baked Lasagne topped
with Mozzarella Cheese
(G,Mk,E)

Battered Pollock with Tartare
Sauce and Lemon Wedge
(G,Su,F,E)
served with Chips and Peas

VEGGIE #MeatFree

Vegetarian Chilli con Carne
with Sour Cream
(So,Mu,Ce)

Veggie Hot Dog Roll with
Roasted Onions and Ketchup
(G,Su,So,Se)

Spring Onion, Cheddar
Cheese and Tomato Quiche
(G,Mk,E)

Roasted Veggie Lasagne
with Mozzarella Cheese
(G,Mk,E)

Singapore Vegetable Stir Fry
(G,Su,So,E)

VEG #ExtraGood

Sweetcorn and Roasted
Courgettes

Steamed Broccoli

Carrots and Green Beans

Chef's Salad

Peas
Baked Beans

CARBS #ExtraEnergy

Steamed Fluffy Rice

Potato Wedges

Roast Potatoes

Garlic Focaccia
(G,Mk)

Chips

JACKET / PASTA #FuelStation

Roasted Vegetable
and Tomato Pasta
(G)
Cheese and Beans
filled Jackets
(Mk)

Cheesy Macaroni
Tuna Mayonnaise
filled Jackets
(F,E)

Spicy Sausage and Chilli Pasta
(G,Mk)
Cheesy Coleslaw
filled Jackets
(Su,Mu,Mk,E)

Cheesy Pepperoni Pasta
(G,Mk)
Sausage & Bean
filled Jackets
(G,Su,So,Ce)

Fajita Chicken Pasta
(G,Mu,Mk)
Cheese and beans
filled Jackets
(Mk)

SNACK #SuperTasty

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

Meatball Sub
(G,So,Mk)

Chicken Burger
(G,Se)

Pepperoni Panini
(G,Mk)

Butchers Sausages and Chips
(G,Su)

ALLERGENS

Ce = Celery G = Cereals Mo = Molluscs Se = Sesame Seeds
Cr = Crustacean containing Gluten Mu = Mustard So = Soya
E = Eggs L = Lupin N = Nuts Su = Sulphur Dioxide
F = Fish Mk = Milk P = Peanuts

MEAL DEAL

TEXT + TEXT FOR ONLY £0.00

MENU WEEK 3



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



18th September, 9th October,
13th November, 3rd December

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

Slow Cooked Bolognaise
Beef Pasta Bake
(G,Mk)

Kung Pao Chicken
Stir Fry with Peppers
(G,So,Mu,Ce)

Roast Turkey, Stuffing
and Roast Gravy
(G,Mk,E)

Chicken Rogan Josh
with Mango Chutney

Battered Fish with Tartare
Sauce
(G,F,E)

VEGGIE #MeatFree

Veggie Mince
Bolognaise Pasta Bake
(G,So,Mk)

Kung Pao Quorn
Stir Fry with Peppers
(G,So,Mu,E,Ce)

Cheese, Leek and
Butternut Squash Pie
(G,Mk)

Vegetable Rogan Josh
with Mango Chutney

Cheese and
Onion Turnover
(G,Mk,E)

VEG #ExtraGood

Sweetcorn

Garlic Roasted Chinese
Greens

Cabbage and Carrots

Roasted Aromatic Cauliflower
(Mu)

Peas
Baked Beans

CARBS #ExtraEnergy

Garlic Bread

Egg Fried Rice

Roast Potatoes

Pilau Rice

Chips

JACKET / PASTA #FuelStation

Cheesy Pepperoni Pasta

Cheese and Beans
filled Jackets
(Mk)

Tomato & Basil

Mexican Tuna
filled Jackets
(Mu,F,E)

Arrabiata Pasta

Sausage &
Baked Beans Jacket
(G,Su,So,Ce)

Spinach and Bacon
Alfredo Pasta
(G,Mk)

Chilli con Carne filled Jackets
(Mu)

Bolognaise Pasta
(G)

Cheese and Beans
filled Jackets
(Mk)

SNACK #SuperTasty

Margherita Pizza
(G,So,Mk)

Loaded Nachos with
Cheese and Jalapeno
(Mk)

Cheese and Ham Panini
(G,Mk,Su)

Chicken Burger with Wedges
(G,Mk,Su)

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

ALLERGENS

Ce = Celery **G** = Cereals containing Gluten **Mo** = Molluscs **Se** = Sesame Seeds
Cr = Crustacean **L** = Lupin **Mu** = Mustard **So** = Soya
E = Eggs **N** = Nuts **Su** = Sulphur Dioxide
F = Fish **Mk** = Milk **P** = Peanuts

MEAL DEAL

TEXT + TEXT FOR ONLY £0.00