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

THU



Mexican Turkey and House rubbed Jerk **Butchers Pork Sausages Chinese Chicken Chicken Burger** Pepper Fajita with Floured Chicken Mac and Cheese served with Onion Gravy Curry with Peas with Lemon Coleslaw Tortilla and Beans #FreshFlavours (G,Mu,Mk) (G,Su) (G,So,Mu) (E,Mk,G) (G,Mu,Mk) Homemade Veggie Burger Jerk spiced Quorn with Mozzarella and Tomato Veggie Sausages served Chinese crunchy EG with Tomato Relish in a Mac and Cheese Quesadilla, Spicy Tomato Rice with Onion Gravy Vegetable Curry Toasted Bun #MeatFree (G,Mu,Mk,E) (G,Mk,Ce) (G,Ce) (G,So,Mu) (G,So,Se,E) VEG Garlic Roasted Peas Steamed Broccoli Sweetcorn Green Beans Chinese Greens **Baked Beans** #ExtraGood CARBS Garlic Bread Mexican Rice **Creamy Mashed Potato** Egg Fried Rice Chips (G,So,Mk) (Ce) (Mk) (G,So,E) #ExtraEnergy Tomato and Basil Pasta Chilli Arrabiata Pasta Nutless Pesto Pasta **Cheesy Penne Beef Bolognaise Pasta** JACKET (G) (G,Mk) (G,Su) (G,Mk) (G) PASTA Cheese and Beans Tuna Mayonnaise **Cheesy Coleslaw** Chilli con Carne Cheese and beans filled Jackets filled Jackets filled Jackets filled Jackets filled Jackets **#FuelStation** (Mk) (F,E) (Su,Mu,Mk,E) (Mu) (G) **Chicken Slice** Margherita Pizza Pepperoni Panini **Cornish Pasty BBQ** Chicken Baguette SNA (G,So,Mk) (Mkt,G) (G,Mk) (G,Mk) (G,Mk) #SuperTasty

WED

 $\begin{array}{ll} Ce = Celery & G = Cereals \\ Cr = Crustacean & containing Gluten \\ E = Eggs & L = Lupin \\ F = Fish & Mk = Milk \end{array}$

MON

20th November, 11th December

Mo = Molluscs luten Mu = Mustard N = Nuts P = Peanuts Se = Sesame Seeds So = Soya Su = Sulphur Dioxide

TUE

TEXT + TEXT FOR ONLY **£0.00**

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Bel

Mexican Beer Chilli con Carne (Mu) Mexican Beer Chilli con Carne (Mu) (Su,So,G,Ce) with BBQ Beans (Su,So,G,Ce) Roast Garmon with Gray, Sage and Onion Stuffing (G,Mk,E) Oven Baked Lasgne topped with Mozzarella Cheese (G,Mk,E) Sauce and Lemon M (G,Su,F,E) VEEGGGIE Meedaffree Vegetarian Chilli con Carne with Sour Cream (So,Mu,Ce) Vegetarian Chilli con Carne with Sour Cream (So,Mu,Ce) Vegetarian Chilli con Carne with Sour Cream (So,Mu,Ce) Vegetarian Chilli con (G,Su,So,Se) Spring Onion, Cheddar Cheese and Tomato Quiche (G,Mk,E) Roasted Vegeta Lasgne with Mozzarella Cheese (G,Mk,E) Singapore Vegetable (G,Su,So,E) VEEGG ExtraBood Sweetcorn and Roasted Courgettes Steamed Broccoli Carrots and Green Beans Chef's Salad Peas Baked Beans (G,Mk) VEEGG ExtraBood Steamed Fluffy Rice Potato Wedges Roast Potatoes Garlic Focaccia (G,Mk) Cheesy Pepperoni Pasta (G,Mk,K) Fajita Chicken Pa (G,Mu,Mk) Mexicanon Filed Jackets (F,E) Jumbo Sausage Roll Meatball Sub (G,Su,So,Mk) Chicken Burger Pepperoni Panini Butchers Sausages and filed Jackets (G,Su,Mu,Mk,E) Butchers Sausages and filed Jackets (G,Su,Mu,Mk) Pepperoni Panini Butchers Sausages and filed Jackets (G,Su,Mu,Mk)	September, 2 nd October, 6 th November, 27 th November, 18 th December	MON	TUE	WED	THU	FRI
VieweatFreewith Sour Cream (So,Mu,Ce)Roasted Onions and Ketchup (G,Su,So,Se)Cheese and Tomato Quiche (G,Mk,E)with Mozzarella Cheese (G,Mk,E)Singapore Vegetable (G,Su,So,E)VieweatCornSweetcorn and Roasted CourgettesSweetcorn and Roasted CourgettesSteamed BroccoliCarrots and Green BeansChef's SaladPeas Baked BeansVieweatCornSteamed Fluffy RicePotato WedgesRoast PotatoesGarlic Focaccia (G,Mk)ChipsVieweatCornSteamed Fluffy RicePotato WedgesRoast PotatoesGarlic Focaccia (G,Mk)ChipsVieweatCornGasted 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 (G,Su,So,Ce)Fajita Chicken Pa (G,Mu,Mk) Cheese and Beans filled Jackets (Mk)VieweatCornJumbo Sausage Roll (G,Su,So,Mk)Meatball Sub (G,So,Mk)Chicken Burger (G,Se)Pepperoni Panini Butchers Sausages and filled Jackets (G,Se)	MAINS #FreshFlavours	Chilli con Carne	(Su,So,G,Ce) with BBQ Beans	Sage and Onion Stuffing	with Mozzarella Cheese	Battered Pollock with Tartar Sauce and Lemon Wedge (G,Su,F,E) served with Chips and Peas
Steamed Broccoli Steamed Broccoli Carrots and Green Beans Chef's Salad Baked Beans Baked Beans Chef's Salad Baked Beans Courgettes Steamed Fluffy Rice Potato Wedges Roast Potatoes Garlic Focaccia (G,Mk) Chips JACKET FuelStation Roasted Vegetable and Tomato Pasta (G) Potato Wedges Spicy Sausage and Chilli Pasta (G,Mk) Cheesy Pepperoni Pasta (G,Mk) Fajita Chicken Pa (G,Mk) Image: Sinacce Beans Cheesy Macaroni Tuna Mayonnaise filled Jackets (Kk) Spicy Sausage and Chilli Pasta (G,Mk) Cheesy Pepperoni Pasta (G,Mk) Fajita Chicken Pa (G,Mu,Mk) Image: Sinacce Jumbo Sausage Roll (G,Su,So,Mk) Meatball Sub (G,So,Mk) Meatball Sub (G,So,Mk) Chicken Burger Pepperoni Panini Butchers Sausages an Butchers Sausages an Garlic Focaccia (G,Mk)	VEGGIE #MeatFree	with Sour Cream	Roasted Onions and Ketchup	Cheese and Tomato Quiche	with Mozzarella Cheese	Singapore Vegetable Stir Fry (G,Su,So,E)
#ExtraEnergy Roasted Vegetable and Tomato Pasta Roasted Vegetable and Tomato Pasta Spicy Sausage and Chilli Pasta Cheesy Pepperoni Pasta Fajita Chicken Pa (G,Mk) (G) Tuna Mayonnaise filled Jackets (G,Mk) (G,Mk) (G,Mk) (G,Mk) Cheese and Beans filled Jackets filled Jackets filled Jackets filled Jackets filled Jackets (Mk) (F,E) (Su,Mu,Mk,E) (G,Su,So,Ce) (Mk) SNACK Jumbo Sausage Roll Meatball Sub Chicken Burger Pepperoni Panini Butchers Sausages and	VEG #ExtraGood		Steamed Broccoli	Carrots and Green Beans	Chef's Salad	
JACKET and Tomato Pasta Cheesy Macaroni (G,Mk) (G,Mk) (G,Mu,Mk) Image: problem in the station (G) Tuna Mayonnaise (G,Mk) (G,Mk) (G,Mu,Mk) Image: problem in the station (G) Tuna Mayonnaise (G,Mk) (G,Mk) (G,Mu,Mk) Image: problem in the station (G) Tuna Mayonnaise (G,F,E) Cheesy Coleslaw Sausage & Bean Cheese and bea Image: problem in the station (Mk) (F,E) (G,Su,Mu,Mk,E) (G,Su,So,Ce) (Mk) Image: problem in the station Jumbo Sausage Roll Meatball Sub Chicken Burger Pepperoni Panini Butchers Sausages and Chilli Pasta Image: problem in the station (G,Su,So,Mk) (G,So,Mk) (G,Se) (G,Mk) (G,Su)	CARBS #ExtraEnergy	Steamed Fluffy Rice	Potato Wedges	Roast Potatoes		Chips
SNACK (G,Su,So,Mk) (G,So,Mk) (G,Se) (G Mk) (G,Su)	PASTA	and Tomato Pasta (G) Cheese and Beans filled Jackets	Tuna Mayonnaise filled Jackets	(G,Mk) Cheesy Coleslaw filled Jackets	(G,Mk) Sausage & Bean filled Jackets	Cheese and beans filled Jackets
#Superiosy	SNACK #SuperTasty			-		Butchers Sausages and Chip (G,Su)

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THU



Slow Cooked Bolognaise Kung Pao Chicken Roast Turkey, Stuffing Battered Fish with Tartare Chicken Rogan Josh Beef Pasta Bake Stir Fry with Peppers and Roast Gravy Sauce with Mango Chutney (G,F,E) #FreshFlavours (G,Mk) (G,So,Mu,Ce) (G,Mk,E) Veggie Mince Kung Pao Quorn Cheese, Leek and Cheese and JEGGI Vegetable Rogan Josh **Bolognaise Pasta Bake Onion Turnover** Stir Fry with Peppers **Butternut Squash Pie** with Mango Chutney (G,So,Mk) (G,So,Mu,E,Ce) (G,Mk) (G,Mk,E) #MeatFree Garlic Roasted Chinese UEG **Roasted Aromatic Cauliflower** Peas **Cabbage and Carrots** Sweetcorn (Mu) **Baked Beans** Greens #ExtraGood CARBS Garlic Bread Egg Fried Rice **Roast Potatoes** Pilau Rice Chips #ExtraEnerg Spinach and Bacon **Bolognaise Pasta** Cheesy Pepperoni Pasta Tomato & Basil Arrabiata Pasta JACKET Alfredo Pasta (G) (G,Mk) PASTA Cheese and Beans Mexican Tuna Sausage & Cheese and Beans **Baked Beans Jacket** filled Jackets filled Jackets Chilli con Carne filled Jackets filled Jackets **#FuelStation** (Mk) (Mu,F,E) (G,Su,So,Ce) (Mu) (Mk) Loaded Nachos with Margherita Pizza Chicken Burger with Wedges Cheese and Ham Panini Jumbo Sausage Roll £0.00 SNA Cheese and Jalapeno (G,So,Mk) (G,Mk,Su) (G,Mk,Su) (G,So,Su,Mk) (Mk) #SuperTast Ce = Celery G = CerealsMo = Molluscs Se = Sesame Seeds Mu = Mustard Cr = Crustacean containing Gluten So = Soya Su = Sulphur Dioxide TEXT + TEXT FOR ONLY **£0.00** E = EggsL = LupinN = Nuts

WED

TUE

MON

F = Fish

Mk = Milk

P = Peanuts

18th September, 9th October,