

REFUEL with our delicious menu

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pork Sausages (289kcal) or Vegetable Sausages (ve) (77kcal)	Bacon (138kcal) or Vegetable Sausages (ve) (77kcal)	Pork Sausages (289kcal) or Vegetable Sausages (ve) (77kcal)	Bacon (138kcal) or Vegetable Sausages (ve) (77kcal)	Pork Sausages (289kcal) or Vegetable Sausages (ve) (77kcal)	Bacon (138kcal) or Vegetable Sausages (ve) (77kcal)	Pork Sausages (289kcal) or Vegetable Sausages (ve) (77kcal)
Baked Beans (ve) (97kcal)	Baked Beans (ve) (97kcal)	Baked Beans (ve) (97kcal)	Baked Beans (ve) (97kcal)	Baked Beans (ve) (97kcal)	Baked Beans (ve) (97kcal)	Baked Beans (ve) (97kcal)
Hash Brown (ve) (143kcal)	Hash Brown (ve) (143kcal)	Hash Brown (ve) (143kcal)	Hash Brown (ve) (143kcal)	Hash Brown (ve) (143kcal)	Hash Brown (ve) (143kcal)	Hash Brown (ve) (143kcal)
Fresh Mushrooms (ve) (41kcal)	Plum Tomato (ve) (19kcal)	Fresh Mushrooms (ve) (41kcal)	Plum Tomato (ve) (19kcal)	Fresh Mushrooms (ve) (41kcal)	Plum Tomato (ve) (19kcal)	Fresh Mushrooms (ve) (41kcal)
Available every day: Porridge (v) with toppers* (418kcal) , natural yoghurt (v) (56kcal) , a selection of cereals (v), toast (ve) and spreads (v)						

Lunch

Ham Pizza (489kcal) Margherita Pizza (v) (500kcal) Served with: Skinny Fries (ve) (422kcal)	Jacket Potato (ve) (245kcal) Served with your choice of: Grated Cheddar (v) (186kcal) , Baked Beans (ve) (97kcal) , Tuna Mayo (101kcal) Homemade Chilli Non Carne (ve) (224kcal) Served with: White Rice (ve) (243kcal)	Homemade Beef Bolognese (197kcal) Homemade Vegetable Ratatouille (ve) (139kcal) Served with: Penne Pasta (ve) (304kcal) , Garlic Bread (v) (163kcal) , Hard Cheese (v) (20kcal)	Cheese Burger (521kcal) Vegetable Burger (ve) (369kcal) Served with: Ziggy Fries (Ve) (410kcal)	Harry Ramsden's™ Battered Fish (212kcal) Jumbo Pork Sausages (603kcal) Quorn™ Fishless Fingers (ve) (255kcal) Served with: Skinny Fries (ve) (422kcal) , Mushy Peas (ve) (104kcal)	Spicy Chicken & Vegetable Flatbread (504kcal) Spicy Meatless Farm™ Plant-based Chicken & Vegetable Flatbread (ve) (562kcal) Served with: Potato Wedges (ve) (406kcal)	Roasted Chicken Breast (119kcal) Meatless Farm™ Plant-based Chicken Breast (ve) (194kcal) Served with: Roast Potatoes (ve) (315kcal) , Yorkshire Pudding (v) (129kcal) , Green Cabbage (ve) (47kcal) , Carrots (ve) (35kcal) , Gravy (ve) (11kcal)
Nothing you fancy? Please ask for a simple sandwich						

Dinner

Fish Fingers (304kcal) Chicken with Tomato and Pepper Sauce (299kcal) Vegetable Chow Mein (ve) (373kcal) Sides: Penne Pasta (ve) (304kcal) , Potato Wedges (ve) (406kcal) , Sweetcorn (ve) (50kcal) , Carrots (ve) (35kcal)	Chicken Katsu Curry (477kcal) Homemade Mac n Cheese (v) (696kcal) Vegetable Fingers (ve) (315kcal) Sides: White Rice (ve) (243kcal) , Baby Potatoes (ve) (306kcal) , Cauliflower (ve) (39kcal) , Green Beans (ve) (26kcal)	Chicken Tikka Masala (269kcal) Homemade Cottage Pie (365kcal) Vegetable Korma (ve) (390kcal) Sides: White Rice (ve) (243kcal) , Green Cabbage (ve) (47kcal) , Sweetcorn (ve) (50kcal)	Chicken Nuggets** (325kcal) Homemade Beef Lasagne (486kcal) Homemade Vegetable Lasagne (ve) (508kcal) Sides: Garlic Bread (v) (163kcal) , Potato Wedges (ve) (406kcal) , Mixed Vegetables (ve) (50kcal)	BBQ Chicken (554kcal) Chicken Meatballs in Tomato Sauce (355kcal) Meatless Farm™ Plant-based Meatballs in Tomato Sauce (ve) (276kcal) Sides: Penne Pasta (ve) (304kcal) , Ziggy Fries (ve) (410kcal) , Sweetcorn (ve) (50kcal) , Garden Peas (ve) (85kcal)	Chicken Chunks (233kcal) Homemade Tomato, Vegetable & Mascarpone Pasta Bake (v) (278kcal) Vegetable Chow Mein (ve) (373kcal) Sides: Skinny Fries (ve) (422kcal) , Sweet & Sour Sauce (ve) (57kcal) , Green Beans (ve) (26kcal) , Carrots (ve) (35kcal)	Homemade Beef Lasagne (486kcal) Pork Sausage Roll (580kcal) Vegetable Fingers (ve) (315kcal) Sides: Potato Wedges (ve) (406kcal) , Garlic Bread (v) (163kcal) , Garden Peas (ve) (85kcal) , Cauliflower (ve) (39kcal)
Waffle (v) (188kcal)	Cookie (v) (353kcal)	Chocolate Muffin (v) (322kcal)	Waffle (v) (188kcal)	Hartley's™ No Added Sugar Jelly (v) (10kcal)	Cookie (v) (353kcal)	Chocolate Muffin (v) (322kcal)

Nothing you fancy? Penne pasta (ve) with tomato sauce (ve) and Hard Cheese (v) available each day (248kcal)

Available daily

Unlimited salad bar:

A combination of plain salad items, alongside a wide variety of composite vegan, vegetarian and meat salads are available at lunch and dinner.

Fresh fruit:

A variety of fresh fruit is available at all meals.

Allergy information

We advise you speak to a member of the Catering Management Team if you have any food allergies, intolerances or coeliac disease. Not all ingredients are included in the menu descriptions, please ask. Ingredients can occasionally be substituted or changed at short notice – always review the allergy information available from the Catering Management Team each service, where detailed information on the fourteen legal allergens is available on the allergen matrix, and in part, the allergen board.

We handle numerous ingredients within our kitchens and cannot guarantee that our meals are free from allergens.

Ask about allergens
We are happy to help

About our food

All our products are free from Genetically Modified ingredients.

All our products do not list tree nuts or peanuts as intentional ingredients.

All our fish, fish products and seafood are MSC certified, with the exception of canned tuna, which is from a sustainable source and dolphin safe.

Although every care has been taken; some small bones may remain in our fish, sausage, and chicken dishes & salads.

* Small children can choke on seeds.

** Chopped and shaped chicken.

*** Where used, our ham is reformed from selected cuts of Pork with added water.

Please ask for the vegan option where not listed for any service.