

WEEKLY MENU

WEEK 1



EVERY
TUESDAY

Asian inspired noodles
with a selection of
protein and vegetables



EVERY
WEDNESDAY

Authentic Greek
flatbreads topped with
marinated chicken or
plant-based protein

EVERY
THURSDAY

Chicken served with
a range of signature
marinades and
seasoned rice

CHICK
N'RUN

Switch it up with our street food favourites! Ask the team for this week's flavours



TUE

WED

THU

FRI

Mediterranean Vegetable Ragu with
Gnocchi & Garlic Bread

Chicken & Lentil Arrabbiata with
Wholewheat Penne & Garden Salad
(Halal available)

Roast of the Day with Seasonal
Greens, Carrots, Roasties & Gravy
(Halal available)

Chicken & Sweetcorn Pie with
Broccoli, Carrots & Cauliflower (Halal
available)

Sustainably Sourced Battered Fish &
Chips with Peas or Beans

Mac & Cheese Topped with Crispy
Onions Served with Garlic Bread &
Mixed Salad (V)

Vegemince Chilli with Yellow Rice,
Broccoli, Carrots & Cauliflower (V)

Veggie Sausage & Tomato Bake with
Seasonal Greens, Carrots & Roasties
(V)

Cheese & Spring Onion Loaded
Potato Skins with Broccoli, Carrots &
Cauliflower (V)

Pizza Selection with Chips or Wedges

POT & TASTY

Daily range of ready to go pots including
pastas, salads and rice bowls

DESSERTS

Enjoy our chef's choice of sweet
treats, served every day



Hot loaded spuds with
a daily range of tasty
toppings to fill you up



13th April, 4th May, 25th May, 15th June, 6th July, 7th Sept, 28th Sept, 19th Oct 2026

V - VEGETARIAN
VG - VEGAN

WEEKLY MENU

WEEK 2



**EVERY
TUESDAY**

Asian inspired noodles
with a selection of
protein and vegetables



**EVERY
WEDNESDAY**

Authentic Greek
flatbreads topped with
marinated chicken or
plant-based protein

**EVERY
THURSDAY**

Chicken served with
a range of signature
marinades and
seasoned rice

**CHICK
N'RUN**

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MON

Garlic Mushroom Mac & Cheese (V)

TUE

BBQ Chicken Burrito with Mixed Rice
& Salsa (Halal available)

WED

Roast of the Day with Seasonal
Greens, Carrots, Roasties & Gravy
(Halal available)

THU

Sausage & Mash with Caramelised
Onion Gravy & Seasonal Vegetables
(Halal available)

FRI

Sustainably Sourced Battered Fish &
Chips or Oven Baked Chicken
Nuggets & Chips (Halal available)

Butternut & Beany Vegetable Burrito
(VG)

Spaghetti with Roasted Vegetables in
Herby Tomato Sauce (V)

Smoky Cheese & Butternut Quiche
with Seasonal Greens, Carrots &
Roasties (V)

Veggie Sausage & Mash with
Caramelised Onion Gravy & Seasonal
Vegetables (VG)

Pizza Selection with Chips or Wedges

POT & TASTY

Daily range of ready to go pots including
pastas, salads and rice bowls

DESSERTS

Enjoy our chef's choice of sweet
treats, served every day



Hot loaded spuds with
a daily range of tasty
toppings to fill you up



30th March, 20th April, 11th May, 1st June, 22nd June, 13th July, 14th Sept,
5th Oct, 26th Oct 2026

V - VEGETARIAN
VG - VEGAN

WEEKLY MENU

WEEK 3



**EVERY
TUESDAY**

Asian inspired noodles
with a selection of
protein and vegetables



**EVERY
WEDNESDAY**

Authentic Greek
flatbreads topped with
marinated chicken or
plant-based protein

**EVERY
THURSDAY**

Chicken served with
a range of signature
marinades and
seasoned rice

**CHICK
N'RUN**

Switch it up with our street food favourites! Ask the team for this week's flavours



TUE

WED

THU

FRI

Sweet Potato Katsu with Mixed Rice
& Pickled Vegetables (VG)

Thai Red Chicken Curry with Mixed
Rice (Halal available)

Roast of the Day with Seasonal
Greens, Carrots, Roasties & Gravy
(Halal available)

Beef & Lentil Ragu with Gnocchi
(Halal available)

Sustainably Sourced Battered Fish &
Chips or Oven Baked Chicken
Goujons & Chips (Halal available)

Vegetable Lasagne with Garlic Bread
(V)

Thai Red Sweet Potato & Vegetable
Curry with Mixed Rice (VG)

Keema Bake Slice with Seasonal
Greens, Carrots, Roasties & Gravy (V)

Cheese Quiche with Salad & Minted
New Potatoes (V)

Pizza Selection with Chips or Wedges

POT & TASTY

Daily range of ready to go pots including
pastas, salads and rice bowls

DESSERTS

Enjoy our chef's choice of sweet
treats, served every day



Hot loaded spuds with
a daily range of tasty
toppings to fill you up



6th April, 27th April, 18th May, 8th June, 29th June, 20th July, 31st Aug, 21st Sept,
12th Oct 2026

V - VEGETARIAN
VG - VEGAN