

WEEK ONE
ENERGY
CRUNCH
EXCITING
TANGY
FUSION
LUNCH SOCIAL

LUNCH
 MONDAY
 TUESDAY
 WEDNESDAY
 THURSDAY
 FRIDAY

MONDAY	CARIBBEAN Mild Caribbean Chicken, Coconut and Pineapple Curry Wholegrain Rice Garlic and Lime Corn on the Cob	
TUESDAY	CHINESE Aromatic Soy Pork with Egg Noodles Wok Tossed Oriental Vegetables	
WEDNESDAY	MEXICAN Chicken and Bean Enchilada Sour Cream Mashed Potatoes Sweetcorn	
THURSDAY	INDIAN Beef Keema Balti Curry Cucumber Raita Naan Bread	
FRIDAY	BRITISH Home-made Battered Fish Fillet Chips Peas	

DEEP SOUTH DINER Choose a main: New Yorker Quorn Dog OR Halloumi & Roasted Vegetable Wrap Sweet Herby Crushed New Potatoes Chop Chop Salad	
WINGS & THINGS Choose a main: Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco OR Veggie Quarter Pounder ✓ Cajun Wedges BBQ Slaw	
DEEP SOUTH DINER Choose a main: Ultimate Beef Burger OR Lentil, Pepper & Sweetcorn Sloppy Joe ✓ Paprika Wedges Beetroot, Carrot & Apple Salad	
WINGS & THINGS Choose a main: Chicken Thigh Flatbread Wrap with Lemon & Herb or Piri Piri OR Quorn & Mushroom Burger ✓ Red Onion and Cheese Loaded Skins Caesar Salad	
DEEP SOUTH DINER Choose a main: Cajun Pulled Pork & Bean Pitta OR Veg & Bean Quesadilla ✓ Chips Pineapple Coleslaw	

SPEEDY ITALIAN Veggie Supreme Pizza ✓ Veggie Bolognaise Pasta ✓ Margherita Pizza ✓	
SPEEDY ITALIAN Bacon Pizza Arrabiata Pasta ✓ Margherita Pizza ✓	
SPEEDY ITALIAN Hawaiian Pizza Chicken And Tomato Pasta Bake Margherita Pizza ✓	
SPEEDY ITALIAN 3 Cheese Sicilian Pizza ✓ Chunky Veg Pasta ✓ Margherita Pizza ✓	
SPEEDY ITALIAN Veggie Hot One Pizza ✓ Herby Tomato Pasta ✓ Margherita Pizza ✓	

WE SERVE a selection of delicious **baguettes, paninis, toasties and sandwiches** and **NEW exciting salad pots** every day.
 Fruit, Yoghurt & Granola Pots are Available to Enjoy Daily.

Look out for **MUNCH** - our mid-morning break offer available for you to enjoy Monday-Friday





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WEEK TWO
CRUNCH **EXCITING** **TANGY** **FUSION** **LUNCH SOCIAL**

WILKINSON'S
 CHINESE
 TAKEAWAY

MONDAY	BRITISH Cheese, Tomato and Potato Bake Broccoli	
TUESDAY	MEXICAN Baked Beef Chimichangas Wholegrain Rice Streetcorn Salad	
WEDNESDAY	BRITISH Twice Cooked Pork Belly" Roast Potatoes Braised Red Cabbage and Carrots	
THURSDAY	JAPANESE Chicken Katsu Curry Rice Noodles Pickled Cucumber Salad	
FRIDAY	THAI Sweet Chili Salmon Wrap Chips Peas	

DEEP SOUTH DINER Choose a main: Sweetcorn Veggie Burger ✓ OR Veggie Chilli Tacos ✓ Crushed Sweet Potato Red Slaw	
WINGS & THINGS Choose a main: Chicken Mayo Burger OR BBQ Pulled Quorn Wrap ✓ Paprika Wedges BBQ Beans	
DEEP SOUTH DINER Choose a main: Deep South Burger OR Sweet Potato & Black Bean Enchilada ✓ Baked Garlic & Herb Wedges American Style Slaw	
WINGS & THINGS Choose a main: Roast Chicken Wings Brushed with Sticky Tabasco or Lemon & Herb OR BBQ Quorn and Vegetable Skewer Garlic Bread Corn on the Cob	
DEEP SOUTH DINER Choose a main: BBQ Pulled Pork Burger OR Quorn Sausage Pattie & Cheese Bun Chips Apple Slaw	

SPEEDY ITALIAN Veggie Hot One Pizza ✓ Arrabiatta Pasta ✓ Margherita Pizza ✓	
SPEEDY ITALIAN Chicken Supreme Pizza Herby Tomato Pasta ✓ Margherita Pizza ✓	
SPEEDY ITALIAN Veggie Supreme Pizza ✓ BBQ Chicken Pasta Margherita Pizza ✓	
SPEEDY ITALIAN Bacon Pizza Beef Lasagne Margherita Pizza ✓	
SPEEDY ITALIAN Sicilian Cheese & Tomato Pizza ✓ Italian Chicken Pasta Margherita Pizza ✓	

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WEEK THREE


CRUNCH EXCITING TANGY FUSION LUNCH SOCIAL

WILLIAMS TV COFFEE NUT

MONDAY

INDIAN


Chickpea and Tomato Masala
Wholegrain Rice
Green Beans



TUESDAY

CHINESE

BBQ Mandarin Pork
Beggars Noodles
Stir Fried Vegetables



WEDNESDAY

MEXICAN


Beef Barbacoa
Baked Garlic & Herb Potato Wedges
Broccoli and Sweetcorn



THURSDAY

THAI


Thai Red Chicken Curry
Lime and Coriander Rice
Crunchy Vegetable Salad



FRIDAY

BRITISH

Home-made Battered Fish Fillet
Chips
Baked Beans



DEEP SOUTH DINER

Choose a main: Chilli Beef Nachos **OR** Black Eyed Bean Veggie Burger
✓
Paprika Wedges
Corn Slaw




WINGS & THINGS

Choose a main: Roast Chicken Wings Brushed with Lemon & Herb or Sticky Tabasco **OR** Loaded Triple Mac 'N' Cheese ✓
Carnival Rice
Southern Greens




DEEP SOUTH DINER

Choose a main: Quorn Cheese Burger ✓ **OR** Cauliflower & Creamed Corn Bake ✓
Baked Garlic & Herb Wedges
BBQ Beans




WINGS & THINGS

Choose a main: Smoky BBQ Chicken and Boston Bean Wrap **OR** Grilled Piri Butternut & Halloumi Skewers ✓
Tomato and Herb Rice
Sweetcorn Fritter




DEEP SOUTH DINER

Choose a main: New York Hot Dog **OR** Black Eyed Bean and Vegetable Jambalaya ✓
Chips
House Slaw




SPEEDY ITALIAN

Veggie Hot One Pizza ✓
Cheesy Penne Pasta ✓
Margherita Pizza ✓




SPEEDY ITALIAN

3 Cheese Sicilian Pizza ✓
Beef Lasagne
Margherita Pizza ✓




SPEEDY ITALIAN

Mushroom & Sweetcorn Pizza ✓
Carbonara Pasta
Margherita Pizza ✓




SPEEDY ITALIAN

Sicilian Cheese and Tomato Pizza
Herby Tomato Pasta ✓
Margherita Pizza ✓



SPEEDY ITALIAN

Cajun Chicken Sizzler Pizza
Beef Bolognese
Margherita Pizza ✓



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