

MENU WEEK 1



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



W/C 04/09/23, 03/10/23,
06/11/23, 04/12/23

MON

TUE

WED

THU

FRI

MAINS #FreshFlavours

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

Mexican Beef Chilli Con Carne
(Mu)

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

Chicken Curry
(None)

Fish Finger Bap
(G,Su,Se,F,E)
with Lemon Coleslaw (E)
Margherita Pizza (G,So,Mk)

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)

Vegetable Curry
(None)

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

VEG #ExtraGood

Steamed Broccoli

Sweetcorn

Green Beans

Garlic Roasted
Chinese Greens

Peas
Baked Beans

CARBS #ExtraEnergy

Garlic Bread
(G,So,Mk)

Mexican Rice
(Ce)

Creamy Mashed Potato
(Mk)

Egg Fried Rice
(G,So,E)

Chips

JACKET / PASTA #FuelStation

Spicy Tomato and Basil Pasta
(G)

Pepperoni Pasta
(G)

Beef Bolognese Pasta
(G)

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)

BBQ Beans
filled Jackets
(Mu)

Cheese and beans
filled Jackets
(G)

PUDS #SweetTreat

Sticky Toffee Pudding
(G,Su,Mk,E)

Lemon Sponge
(G,E,Mk)

Chocolate Chip Sponge
(G, EMk)

Banana Tea Bread
(G,Mk,E)

Apple Crumble and Custard
(G,Mk)

ALLERGENS

Ce = Celery
Cr = Crustacean
E = Eggs
F = Fish

G = Cereals
containing Gluten
L = Lupin
Mk = Milk

Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts

Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

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.



W/C 11/09/23, 09/10/23,
13/11/23, 11/12/23

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)
Margherita Pizza (G, So, Mk)
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

Chilli Arrabiata Pasta
(G, Su)

Fajita Chicken Macaroni
(G, Mu)

Spicy Sausage and Chilli Pasta
(G, Mk)

Cheesy Pepperoni Pasta
(G, Mk)

Cheesy Pasta
(G, Mk)

Cheese and Beans
filled Jackets
(Mk)

Tuna Mayonnaise
filled Jackets
(F, E)

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

Sausage & Bean
filled Jackets
(G, Su, So, Ce)

Cheese and beans
filled Jackets
(Mk)

PUDS

#SweetTreat

Raspberry and Coconut
Steamed Sponge and Custard
(G, Mk, E)

Chocolate Pudding
(G, E)

Apple Crumble and Custard
(G, Mk)

Sultana and Cranberry
Flapjack (G)

Bread and Butter Pudding
(G, Su, So, Mk, E)

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MENU WEEK 3



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



W/C 18/09/23, 16/10/23,
20/11/23, 18/12/23

MON

TUE

WED

THU

FRI

MAINS

#FreshFlavours

Slow Cooked Bolognaise
Beef Pasta Bake
(G,Mk)

Jerk Chicken
(None)

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

Chicken Fajita Wrap
(G, Mu)

Fish Finger Wraps with
Lettuce and Mayonnaise
(G,F,E)
Margarita Pizza (G,So,Mk)

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)

BBQ Quorn and
Vegetable Wrap
(G, E,Mk, Mu)

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
(G,So,Mk)

Spicy Rice

Roast Potatoes

Baked Potato Wedges

Chips

JACKET / PASTA

#FuelStation

Cheesy Pepperoni Pasta

Spicy Tomato & Basil

Creamy Cheese & Bacon
(G,Mk)

Spicy Sausage Pasta
(G,Mk)

Macaroni Cheese
(G,Mu,Mk)

Cheese and Beans
filled Jackets
(Mk)

Mexican Tuna
filled Jackets
(Mu,F,E)

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

Chilli con Carne filled Jackets
(Mu)

Cheese and Beans
filled Jackets
(Mk)

PUDS

#SweetTreat

Raspberry and Coconut
Steamed Sponge and Custard
(G,Mk,E)

Chocolate Brownie
(G,E)

Apple Crumble and Custard
(G,Mk)

Lemon Blondie
(G,E)

Chocolate
Chip Cookies
(G,So,Mk,E)

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MENU WEEK 4



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



W/C 25/09/23, 30/10/23,
27/11/23

MON

TUE

WED

THU

FRI

MAINS

#FreshFlavours

Piri Piri Chicken
(Ce, Su)

Hot dog with sautéed Onions
(G,Su)

Fajita Chicken Pasta
(G,Mk, Mu)

Cajun Spiced Minced Beef
Burrito with Rice and Beans
(G,Mu,Mk)

Battered Sausage
(G,Su)
or Jumbo Sausage (G,Su)
Margarita Pizza (G,So,Mk)

VEGGIE

#MeatFree

Veggie Burger with Salad
and Ketchup in a Burger Bun
(G,Se,E)

Cheese and tomato Quiche
(G,Mk)

Spicy Cajun Vegetable
Jambalya
(Ce, Mu)

Spiced Veggie Mince Burrito
with Rice and Beans
(G,So,Mu,Mk)

Vegetable Samosa
(G,Mu)

VEG

#ExtraGood

Sweetcorn

Broccoli

Caraway Carrots

Chef's Salad

Peas
Baked Beans

CARBS

#ExtraEnergy

Spicy rice

Baked potato wedges

Garlic Bread
(G,So,Mk)

Cajun Roasted Potatoes
(Mu)

Chips

JACKET / PASTA

#FuelStation

Spicy Sausage Pasta
(G,Mk,F)

Bolognese Pasta
(G)

Spicy Pepperoni &
Tomato Pasta
(G)

Macaroni Cheese
(G,Mu,Mk)

Arribiata Pasta
(G)

Cheese and Beans
filled Jackets
(Mk)

Tuna Sweetcorn
Mayonnaise filled Jackets
(F,E)

Sausage & Bean filled Jackets
(G,Su,So,Ce)

Cheesy coleslaw
Filled Jacket
(Su, Mu, Mk, E)

Cheese and Beans
filled Jackets
(Mk)

PUDS

#SweetTreat

Lemon Blondie
(G,E)

Jamaican Ginger Cake
(G,Mk,E)

Vanilla Sponge and Custard
(G,Mk,E)

Pear and Chocolate Crumble
with Custard (G,So,Mk)

Sticky Toffee Pudding
(G,Su,Mk,E)

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