

# MENU SELECTION – WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Meal Deal Grab &amp; Go Main</b>	Tandoori chicken Shawarma with slaw & mint yogurt GLUTEN/EGG/MILK	Beef chilli & rice topped with tortilla chips & cheese MILK	Neapolitan spaghetti carbonara with focaccia bread GLUTEN/MILK/SOYA MAY CONTAIN EGG	Crispy Katsu chicken curry served with rice GLUTEN/MUSTARD	Fish finger butty with ketchup & chips GLUTEN/FISH MAY CONTAIN SESAME
<b>Meal Deal Grab &amp; Go Vegetarian</b>	Squash & spinach roasted pepper paella	Macaroni cheese & garlic bread GLUTEN/MILK/MUSTARD MAY CONTACT SOYA	Chinese style vegan mince and crispy vegetable egg fried rice GLUTEN/EGG/SOYA	Italian veggie Bolognese penne pasta with garlic bread CELERY/GLUTEN/SOYA	Cheese pie made with short crust pastry, served with chips GLUTEN/EGG/MILK/ MUSTARD
<b>Neo Pizza Slice</b>	Pepperoni GLUTEN/MILK  Margarita GLUTEN/MILK	Meat feast GLUTEN/MILK  Margarita GLUTEN/MILK	Garlic chicken & sweet corn GLUTEN/MILK Margarita GLUTEN/MILK	Hawaiian GLUTEN/MILK  Margarita GLUTEN/MILK	Chicken Tikka GLUTEN/MILK  Margarita GLUTEN/MILK
<b>Panini</b>	<b>Panini</b> Cheese & ham Cheese & tomato GLUTEN/MILK	<b>Panini</b> Meatball marinara Cheese & tomato GLUTEN/MILK	<b>Panini</b> Pepperoni & cheese Cheese & tomato GLUTEN/MILK	<b>Panini</b> Spicy chicken Cheese & tomato GLUTEN/MILK	<b>Panini</b> Tuna & cheese Cheese & tomato FISH/GLUTEN/MILK

## AVAILABLE DAILY

Jacket potatoes with a selection of hot & cold fillings

Panini bar – tasty hot toasted panini's

Sandwiches/baguettes with a range of fillings

A selection of desserts, fruit, cakes, bakes & cookies

# MENU SELECTION – WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Meal Deal Grab &amp; Go Main</b>	Bangers & mash with roast gravy & peas GLUTEN/MILK/SOYA/SULPHITES <b>MAY CONTAIN CELERY/EGG/MUSTARD</b>	Italian beef Lasagne with garlic bread GLUTEN/MILK/MUSTARD	Smokey pulled pork Burrito, sweet potato bravas GLUTEN/MUSTARD	Authentic chicken Korma finished with coconut & with rice MUSTARD <b>MAY CONTAIN GLUTEN/NUTS/PEANUTS</b>	Southern fried chicken burger, Cajun wedges relish and sauces GLUTEN/MUSTARD/SESAME
<b>Meal Deal Grab &amp; Go Vegetarian</b>	Texas Veggie mince chilli burrito topped with cheese MILK GLUTEN/MILK/SOYA	Italian Pesto & roast vegetable spaghetti with garlic bread GLUTEN/MILK <b>MAY CONTAIN SOYA</b>	<b>SCOTY CHEF RECIPE</b> Sweet potato and spinach Biryani EGG/MUSTARD <b>MAY CONTAIN NUTS/PEANUTS/MUSTARD</b>	Authentic tomato & basil penne pasta with garlic bread GLUTEN <b>MAY CONTAIN SOYA</b>	Stir-fried sweet chilli veggie 'chicken' noodles GLUTEN/EGG/SOYA
<b>Neo Pizza slice</b>	Pepperoni GLUTEN/MILK  Margarita GLUTEN/MILK	Meat feast GLUTEN/MILK  Margarita GLUTEN/MILK	Garlic Chicken & sweet corn GLUTEN/MILK Margarita GLUTEN/MILK	Hawaiian GLUTEN/MILK  Margarita GLUTEN/MILK	Chicken Tikka GLUTEN/MILK  Margarita GLUTEN/MILK
<b>Panini</b>	<b>Panini</b> Cheese & ham Cheese & tomato GLUTEN/MILK	<b>Panini</b> Meatball marinara Cheese & tomato GLUTEN/MILK	<b>Panini</b> Pepperoni & cheese Cheese & tomato GLUTEN/MILK	<b>Panini</b> Spicy chicken Cheese & tomato GLUTEN/MILK	<b>Panini</b> Tuna & cheese Cheese & tomato FISH/GLUTEN/MILK

## AVAILABLE DAILY

Jacket potatoes with a selection of hot & cold fillings

Panini bar – tasty hot toasted panini's

Sandwiches/baguettes with a range of fillings

A selection of desserts, fruit, cakes, bakes & cookies

# MENU SELECTION – WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Meal Deal Grab &amp; Go Main</b>	American cheeseburger with dirty wedges GLUTEN/EGG/MILK/SOYA MUSTARD/SULPHITES <i>MAY CONTAIN CELERY/SESAME</i>	Chicken pie, herby roast potatoes & peas GLUTEN/EGG/MILK	Toad in the fold Yorkshire pudding wrap GLUTEN/EGG/MILK/SOYA/SULPHITES <i>MAY CONTAIN CELERY/MUSTARD</i>	Chicken Tikka naan kebab GLUTEN/EGG/MILK	Oven baked crispy cod with salt & pepper chips & garden peas GLUTEN/FISH
<b>Meal Deal Grab &amp; Go Vegetarian</b>	Veggie cheeseburger with dirty wedges GLUTEN/EGG/MILK/SOYA <i>MAY CONTAIN SESAME</i>	Indian vegetable & paneer Kathi roll GLUTEN/MILK	Mexican veggie enchilada with Cajun wedges GLUTEN/MILK/MUSTARD	Arrabiata penne pasta with garlic bead GLUTEN <i>MAY CONTAIN SOYA</i>	Red lentil and cheese sausage rolls, chips & peas GLUTEN/EGG/MILK
<b>Neo Pizza</b>	Pepperoni GLUTEN/MILK  Margarita GLUTEN/MILK	Meat feast GLUTEN/MILK  Margarita GLUTEN/MILK	Garlic Chicken & sweet corn GLUTEN/MILK Margarita GLUTEN/MILK	Hawaiian GLUTEN/MILK  Margarita GLUTEN/MILK	Chicken Tikka GLUTEN/MILK  Margarita GLUTEN/MILK
<b>Panini</b>	<b>Panini</b> Cheese & ham Cheese & tomato GLUTEN/MILK	<b>Panini</b> Meatball marinara Cheese & tomato GLUTEN/MILK	<b>Panini</b> Pepperoni & cheese Cheese & tomato GLUTEN/MILK	<b>Panini</b> Spicy chicken Cheese & tomato GLUTEN/MILK	<b>Panini</b> Tuna & cheese Cheese & tomato FISH/GLUTEN/MILK

## AVAILABLE DAILY

Jacket potatoes with a selection of hot & cold fillings

Panini bar – tasty hot toasted panini's

Sandwiches/baguettes with a range of fillings

A selection of desserts, fruit, cakes, bakes & cookies