



WEEK 1

**Classic Favourites**  
MONDAY 

**EASTERN**  
TUESDAY 

**Great British**  
WEDNESDAY 

**SOUTHERN STYLE**  
THURSDAY 

**Fish & Chips**  
FRIDAY 

**MAIN MEAL**

**SAUSAGE & MASH**  
Onion Gravy

**SWEET N SOUR CHICKEN**  
50/50 Rice, Prawn Crackers

**LEMON CHICKEN & PESTO PASTA BAKE,**  
Mixed Garden Salad, Peas

**CHILLI CON CARNE**  
Nachos, Rice, Sour Cream, Salsa

**BATTERED FISH/ SALMON FISHCAKES**  
Chips

**VEGETARIAN MEAL**

**VEGGIE SAUSAGE & MASH**  
Onion Gravy

**ORIENTAL STIR FRIED NOODLES**  
Black Bean Sauce

**MACARONI CHEESE**  
Mixed Salad or Seasonal Vegetables

**QUORN CHILLI CON CARNE**  
Nachos, Rice, Sour Cream, Salsa

**VEGAN FISHLESS FINGER BAP**

**PASTA POTS**

**TOMATO & BASIL**

**TOMATO & BASIL**

**TOMATO & BASIL**

**TOMATO & BASIL**

**TOMATO & BASIL**

**PESTO PASTA**

**QUORN BOLOGNAISE**

**ARRABIATA**

**CARBONARA**

**FLORENTINE**

**JACKET POTATO**

**TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS**

**VEGETABLE**

**STEAMED BROCCOLI**

**STIR FRIED GREENS**

**ROASTED ROOT VEG WITH CABBAGE**

**SWEETCORN**

**PEAS, GARDEN SALAD**

**DESSERT**

**BERRY & APPLE CRUMBLE**  
Custard

**AMERICAN STYLE PANCAKES**  
Fruit Compote

**LEMON SPONGE**  
Custard

**TOFFEE APPLE TURNOVER**  
Toffee Sauce

**STRAWBERRY CHEESECAKE**

**FRUIT POTS**

**WATERMELON**

**PINEAPPLE & POMEGRANATE**

**PINEAPPLE & TOFFEE**

**FRESH FRUIT SALAD**

**GRAPES**

**JELLY POTS**

**STRAWBERRY JELLY**

**ORANGE JELLY**

**RASPBERRY JELLY**

**LEMON JELLY**

**MIXED BERRY JELLY**

**YOGHURT POTS**

**GREEK STYLE HONEY YOGHURT**

**LEMON YOGHURT**

**STRAWBERRY YOGHURT**

**MANGO YOGHURT**

**PASSION FRUIT YOGHURT**

TRY OUR HOME-MADE  
**SOUP**  
WITH FRESHLY BAKED BREAD

LOOK OUT FOR  
AMAZING BLUE DOT  
MEAL DEALS

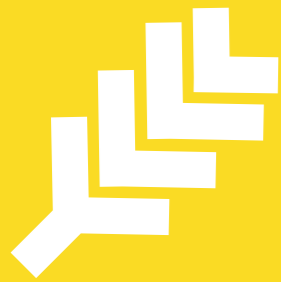
  
PIZZAS, WRAPS & PANINIS  
FRESH OPTIONS  
EVERY DAY

TAKE HOME A  
TAKEAWAY  
Collect Before You Go Home

LUNCH MEAL DEAL  
Check out what's on  
offer today!  


WATCH OUT FOR OUR  
**POP UP**  
& STREET FOOD  
PROMOTIONS


 All of Our Deli Range,  
Sandwiches, Salads  
& Desserts are  
**FRESHLY MADE  
HERE DAILY**



WEEK 2

**Classic Favourites**  
MONDAY 

**EASTERN**  
TUESDAY 

**Great British**  
WEDNESDAY 

**SOUTHERN STYLE**  
THURSDAY 

**Fish & Chips**  
FRIDAY 

**MAIN MEAL**

**BEEF BOLOGNAISE**  
Cheesy Garlic Bread,

**CHICKEN KATSU CURRY**  
50/50 Rice

**COTTAGE PIE**  
Seasonal Vegetables

**SMOKEY BBQ CHICKEN**  
Savoury Rice

**BATTERED FISH/ SALMON FISHCAKES**  
Chips

**VEGETARIAN MEAL**

**VEGGIE BOLOGNAISE**  
Cheesy Garlic Bread,

**VEGETABLE SPRING ROLL**  
50/50 Rice, Katsu Curry Sauce

**QUORN ROAST**  
Stuffing, Yorkshire Pudding, Gravy

**SMOKEY BBQ OUMPH**  
Savoury Rice

**VEGETABLE BURGER WITH CHEESE**  
Chips

**PASTA POTS**

**TOMATO & BASIL**

**TOMATO & BASIL**

**TOMATO & BASIL**

**TOMATO & BASIL**

**TOMATO & BASIL**

**PESTO PASTA**

**QUORN BOLOGNAISE**

**ARRABIATA**

**CARBONARA**

**FLORENTINE**

**JACKET POTATO**

**TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS**

**VEGETABLE**

**CARROTS, PEAS, GARDEN SALAD**

**CRUNCHY STIR FRIED VEGETABLES**

**ROASTED ROOT VEG WITH CABBAGE**

**BLACKENED CORN COBETTES**

**GARDEN PEAS**

**DESSERT**

**LEMON YOGHURT CHEESECAKE POT**

**APPLE & PEAR CRUMBLE**  
Custard

**STICKY TOFFEE PUDDING**  
Toffee Sauce

**WAFFLES**  
Fruit Compote

**FRUIT SUNDAE**

**FRUIT POTS**

**WATERMELON**

**PINEAPPLE & POMEGRANATE**

**FRESH FRUIT SALAD**

**PINEAPPLE & TOFFEE**

**GRAPE**

**JELLY POTS**

**STRAWBERRY JELLY**

**ORANGE JELLY**

**RASPBERRY JELLY**

**LEMON JELLY**

**MIXED BERRY JELLY**

**YOGHURT POTS**

**GREEK STYLE HONEY YOGHURT**

**LEMON YOGHURT**

**STRAWBERRY YOGHURT**

**MANGO YOGHURT**

**PASSION FRUIT YOGHURT**

TRY OUR HOME-MADE **SOUP**  
WITH FRESHLY BAKED BREAD

LOOK OUT FOR **AMAZING BLUE DOT MEAL DEALS**

  
**PIZZAS, WRAPS & PANINIS**  
FRESH OPTIONS EVERY DAY

**TAKE HOME A TAKEAWAY**  
Collect Before You Go Home

**LUNCH MEAL DEAL**  
Check out what's on offer today!  


WATCH OUT FOR OUR **POP UP & STREET FOOD PROMOTIONS**

 All of Our Deli Range, Sandwiches, Salads & Desserts are **FRESHLY MADE HERE DAILY**



WEEK 3

### Classic Favourites

MONDAY



### EASTERN

TUESDAY



### Great British

WEDNESDAY



### SOUTHERN STYLE

THURSDAY



### Fish & Chips

FRIDAY



MAIN MEAL

**PORK & BEEF MEATBALLS IN TOMATO SAUCE**  
Pasta, Garlic Bread

**MILD CHICKEN KORMA**  
50/50 Rice, Poppadums

**24HR BRAISED BBQ PORK**  
Creole Rice, Charred Corn

**FERNANDOS CHICKEN IN A BUN**  
Wedges, Coleslaw

**BATTERED FISH/ SALMON FISHCAKES**  
Chips

VEGETARIAN MEAL

**PASTA BAKE**  
Garlic Bread

**VEGETABLE BALTI**  
50/50 Rice, Poppadums

**MATURE CHEDDAR & BROCCOLI TART**  
Mixed Salad

**CAJUN GRILLED HALLOUMI BURGER**  
Wedges, Coleslaw

**MARGHERITA PIZZA**  
Chips

PASTA POTS

**TOMATO & BASIL**

**TOMATO & BASIL**

**TOMATO & BASIL**

**TOMATO & BASIL**

**TOMATO & BASIL**

**PESTO PASTA**

**QUORN BOLOGNAISE**

**ARRABIATA**

**CARBONARA**

**FLORENTINE**

JACKET POTATO

**TOPPED WITH A CHOICE OF CHEESE, TUNA OR BEANS**

VEGETABLE

**GARDEN SALAD, PEAS**

**INDIAN CUCUMBER, ONION SALAD**

**ROASTED ROOTS VEG WITH CABBAGE**

**BBQ BEANS, GREENS N GRAINS**

**GARDEN PEAS**

DESSERT

**APPLE & BERRY PIE**  
Ice Cream

**FRUIT TRIFLE**

**JAM SPONGE**  
Custard

**LEMON PANNA COTTA**

**BREAD & BUTTER PUDDING**  
Custard

FRUIT POTS

**WATERMELON**

**PINEAPPLE & POMEGRANATE**

**FRESH FRUIT SALAD**

**PINEAPPLE & TOFFEE**

**GRAPES**

JELLY POTS

**STRAWBERRY JELLY**

**ORANGE JELLY**

**RASPBERRY JELLY**

**LEMON JELLY**

**MIXED BERRY JELLY**

YOGHURT POTS

**GREEK STYLE HONEY YOGHURT**

**LEMON YOGHURT**

**STRAWBERRY YOGHURT**

**MANGO YOGHURT**

**PASSION FRUIT YOGHURT**

TRY OUR HOME-MADE **SOUP**  
WITH FRESHLY BAKED BREAD

LOOK OUT FOR AMAZING BLUE DOT MEAL DEALS

**PIZZAS, WRAPS & PANINIS**  
FRESH OPTIONS EVERY DAY

**TAKE HOME A TAKEAWAY**  
Collect Before You Go Home

**LUNCH MEAL DEAL**  
Check out what's on offer today!  
ΨΨΨΨΨΨ

WATCH OUT FOR OUR **POP UP & STREET FOOD PROMOTIONS**

All of Our Deli Range, Sandwiches, Salads & Desserts are **FRESHLY MADE HERE DAILY**