

# REFUEL

WITH OUR

# DELICIOUS MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Sausages	Bacon	Sausages	Bacon	Bacon	Sausages	Bacon
Baked Beans (ve)	Baked Beans (ve)	Baked Beans (ve)	Baked Beans (ve)	Baked Beans (ve)	Baked Beans (ve)	Baked Beans (ve)
Quorn™ Vegan Cumberland (ve)	Quorn™ Vegan Cumberland (ve)	Quorn™ Vegan Cumberland (ve)	Quorn™ Vegan Cumberland (ve)	Quorn™ Vegan Cumberland (ve)	Quorn™ Vegan Cumberland (ve)	Quorn™ Vegan Cumberland (ve)
Hash Browns (ve)	Hash Browns (ve)	Hash Browns (ve)	Hash Browns (ve)	Hash Browns (ve)	Hash Browns (ve)	Hash Browns (ve)
Fresh Mushrooms (ve)	Fresh Mushrooms (ve)	Fresh Mushrooms (ve)	Fresh Mushrooms (ve)	Fresh Mushrooms (ve)	Fresh Mushrooms (ve)	Fresh Mushrooms (ve)

Available every day: porridge with toppers\* selection of cereals and Kellogg's™ granola (ve), assorted yoghurts (v), white or brown toast (ve) & jam (v)

LUNCH

Pepperoni Pizza	Jacket Potato (ve) Served with your choice of: Grated Mild Cheddar (v), Baked Beans (ve) or Tuna Mayo	Battered Chicken Chunks	Homemade Beef Bolognese	Fish & Chips	Jacket Potato (ve) Served with your choice of: Grated Mild Cheddar (v), Baked Beans (ve) or Tuna Mayo	Roast Beef
Margherita Pizza (v)		Vegetable Nuggets (ve)	Homemade Vegetable Ratatouille (ve)	Jumbo Sausage		Meatless farm™ Plant-based Chicken Breast (ve)
Plant-based Margherita Pizza (ve)	Homemade Chilli Non Carne (ve)	Served with: Potato Wedges (ve), Peas (ve), Sweetcorn (ve), Sweet Chilli Sauce (ve)	Served with: Penne Pasta (ve), Garlic Bread (v), Grated mild cheddar (v)	Quorn™ Fishless Fingers (ve)	Homemade Chilli Non Carne (ve)	Served with: Roast Potatoes (ve), Yorkshire Pudding (v), Fresh Broccoli (ve), Baby Carrots (ve), Gravy (ve)
Served with: Skinny Fries (ve)	Served with: White Rice (ve)			Served with: Skinny Fries (ve), Garden Peas (ve)	Served with: White Rice (ve)	

Nothing you fancy? Filled rolls - ham, tuna mayo, cheese (v) or chicken and homemade soup (ve) with bread roll (v) available each day

DINNER

Chicken Katsu Curry	Fish Fingers	Chicken Curry	PGL's Sausage Pasta Bake	Beef Burger	Battered Chicken Chunks	Fish Fingers
Homemade Beef Lasagne	Hunters Chicken	Baked Cheesy Meatballs	Chicken Kiev**	Homemade Mac 'n' Cheese (v)	Homemade Beef Lasagne	PGL's Sausage Pasta Bake
Vegetable Lasagne (ve)	Shepherdless Pie (ve)	Vegetable Curry (ve)	Homemade Sausage & Bean Casserole (ve)	Meatless Farm™ Plant Based Burger (ve)	Vegetable Lasagne (ve)	Shepherdless Pie (ve)
Sides: Garlic Bread (v), Rice (ve), Garden Peas (ve), Fresh Broccoli (ve)	Sides: Round Chips(ve), Baby Carrots (ve), Whole Green Beans (ve)	Sides: Rice (ve), Penne Pasta (ve), Mixed Vegetables (ve)	Sides: Mashed Potato (v), Fresh Broccoli (ve), Baby Carrots (ve)	Sides: Curly Fries (ve), Sweetcorn (ve), Whole Green Beans (ve)	Sides: Garlic Bread (v), BBQ Sauce (ve), Skinny fries (v), Mixed Vegetables (ve)	Sides: Cheesy Garlic Potato (v), Baby Potato (ve), Sweetcorn (ve), Whole Green Beans (ve)
Homebaked Iced Sponge Cake (v)	Chocolate Muffin (v)	Jam Doughnuts (v)	Homebaked Chocolate Sponge (v) & Chocolate Custard (v)	Homemade Apple Crumble (ve) & Vanilla Custard (v)	Chocolate Muffin (ve)	Chocolate Cookies (v)

Nothing you fancy? Penne pasta (ve) with tomato sauce (ve) and grated cheese (v) available each day

## Available daily

### Unlimited salad bar:

A combination of plain salad items, alongside a wide variety of composite vegan and meat salads are available at lunch and dinner.

### Fresh fruit:

A variety of fresh fruit is available at all meals.

## Allergy information

If you or a member of your group has a food allergy, please let us know pre-arrival. Please speak to the Catering Management Team in Centre, where more information is needed prior to choosing your meal.

Not all ingredients are included in the menu descriptions, please ask for more information.

Ingredients can occasionally be substituted or changed at short notice - always review the allergy information available from the Catering Management Team each service, where detailed information on the fourteen legal allergens is available on the allergen matrix, and in part, the allergen board.

We use a wide range of ingredients within the dishes we prepare and as such, we cannot guarantee the total absence of allergens. Where known in advance, we can prepare a plated meal, taking all reasonable steps to reduce the likelihood of cross contact.

## About our food

All our whole eggs are Free Range.

All our products are free from Genetically Modified ingredients.

All our products do not list tree nuts or peanuts as intentional ingredients.

All our fish, fish products and seafood are MSC certified, with the exception of canned tuna, which is from a sustainable source and dolphin safe.

Although every care has been taken; some small bones may remain in our fish, sausage and chicken dishes & salads, some shell pieces may remain on our eggs, and some olive stones may remain in our salads.

Where used, our ham is reformed from selected cuts of pork with added water

\* Small children can choke on seeds

\*\* Chopped and shaped chicken.

ASK ABOUT ALLERGENS WE ARE HAPPY TO HELP