
















FUN SPICY CRUNCH DELI MEATS ENERGY CRUNCH EXCITING NUTRITIOUS DELICIOUS SWEET FAVOURITES WEEK ONE LUNCH SOCIAL

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MONDAY	THAI Thai Yellow Curry with Vegetables and Lentils (V) Sticky Jasmine Rice Sweet Chilli Broccoli		DEEP SOUTH DINER Choose a main: Spicy Quorn Dog (V) OR Loaded Triple Mac 'N' Cheese (V) Cajun Wedges Caesar Salad		SPEEDY ITALIAN Veggie Supreme Pizza (V) Veggie Bolognese Pasta (V) Margherita Pizza (V)	
TUESDAY	CHINESE BBQ Mandarin Pork Beggars Noodles Wok Tossed Oriental Vegetables		WINGS & THINGS Choose a main: Chicken Thigh Flatbread Wrap Brushed with Lemon & Herb or Piri Piri OR BBQ Boston Beans in a Steamed Bun Spicy Rice Chilli Sweetcorn		SPEEDY ITALIAN Tuna & Sweetcorn Pizza Quorn & Vegetable Lasagne (V) Margherita Pizza (V)	
WEDNESDAY	INDIAN Chicken Tikka Masala Jeera Aloo (Cumin Flavoured Potato) Chana Saag (Indian Spiced Spinach)		DEEP SOUTH DINER Choose a main: Ultimate Beef Burger OR Mexican Spicy Quorn Burrito Baked Garlic & Herb Wedges Green Salad		SPEEDY ITALIAN Hawaiian Pizza Arrabiata Pasta (V) Margherita Pizza (V)	
THURSDAY	MEXICAN Mexican Beef Chilli Wholegrain Rice Pico De Gallo (Charred Courgette)		WINGS & THINGS Choose a main: Special Marinated Roast Chicken Drumsticks Brushed with BBQ or Sticky Tabasco Sauce OR Grilled Piri Butternut & Halloumi Skewers (V) Mashed Potato Sweet Chilli Beans		SPEEDY ITALIAN 3 Cheese Sicilian Pizza (V) Turkey Meatball Pasta Bake Margherita Pizza (V)	
FRIDAY	BRITISH Homemade Battered Fish Paprika Dusted Chips Mushy Peas		DEEP SOUTH DINER Choose a main: Cajun Pulled Pork & Bean Pitta OR Spicy Veg & Bean Quesadilla (V) Paprika Dusted Chips Apple Slaw		SPEEDY ITALIAN BBQ Chicken Pizza Herby Tomato Pasta (V) Margherita Pizza (V)	
















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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MONDAY	INDIAN Roast Cauliflower & Chick Pea Korma Naan Tarka Dhal		DEEP SOUTH DINER Choose a main: BBQ Pulled Pork Quorn Wrap (V) OR Veggie Quarter Pounder (V) Paprika Wedges House Slaw		SPEEDY ITALIAN Veggie Hot One Pizza (V) Arrabiatta Pasta (V) Margherita Pizza (V)	
TUESDAY	CARIBBEAN Beef Pepperpot Stew Herb Dumpling Mixed Greens		WINGS & THINGS Choose a main: Chicken Thigh Ciabatta Brushed with BBQ or Piri Piri OR Veggie Chilli Tacos (V) Spicy Rice BBQ Beans		SPEEDY ITALIAN Chicken Supreme Veggie Lasagne (V) Margherita Pizza (V)	
WEDNESDAY	BRITISH Roast Pork & Apple Sauce Roast Potatoes Peas & Carrots		DEEP SOUTH DINER Choose a main: Lettuce Beef Burger with Sweet Tomato Salsa OR Sweet Potato & Black Bean Enchilada (V) Chips Sweet Chilli Slaw		SPEEDY ITALIAN Veggie Supreme Pizza (V) BBQ Chicken Pasta Margherita Pizza (V)	
THURSDAY	JAPANESE Teriyaki Chicken Thigh Wholegrain Rice Pickled Cucumber with Chilli		WINGS & THINGS Choose a main: Roast Chicken Wings Brushed With Sticky Tabasco or Lemon & Herb OR Tabasco Spiced Jambalaya (V) Baked Spicy Sweet Potato Crunchy Salad		SPEEDY ITALIAN Bacon Pizza Beef Lasagne Margherita Pizza (V)	
FRIDAY	THAI Thai Fishcake Baked Garlic & Herb Wedges Som Tam Green Mango Salad		DEEP SOUTH DINER Choose a main: Texas BBQ Chicken OR Feta & Beetroot Burger (V) Baked Garlic & Herb Wedges Corn on the Cob		SPEEDY ITALIAN Sicilian Cheese & Tomato Pizza (V) Italian Chicken Pasta Margherita Pizza (V)	



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Chartwells
 EAT LEARN LIVE

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MONDAY	CHINESE	Mushroom Foo Yung Singapore Rice Noodles Stir Fried Greens		DEEP SOUTH DINER	Choose a main: Quorn Burger in a Bun with Tomato Relish OR Cauliflower & Creamed Corn Bake (V) Baked Spicy Sweet Potato Red Slaw		SPEEDY ITALIAN	Veggie Hot One Pizza (V) Cheesy Penne Pasta (V) Margherita Pizza (V)	
TUESDAY	CARIBBEAN	Chilli Barbecued Pork Wholegrain Rice Carribean Stewed Tomatoes & Beans		WINGS & THINGS	Choose a main: Roast Chicken Wings Brushed with Lemon & Herb or Sticky Tabasco OR Halloumi & Mushroom Wrap (V) Tex Mex Rice Coriander & Chili Corn on the Cob		SPEEDY ITALIAN	3 Cheese Sicilian Pizza (V) Chicken & Tomato Pasta Bake Margherita Pizza (V)	
WEDNESDAY	MEXICAN	Beef Birria Potato & Onion Hash Sweetcorn		DEEP SOUTH DINER	Choose a main: New York Hot Dog OR Black Eyed Bean Veggie Burger (V) Paprika Wedges House Slaw		SPEEDY ITALIAN	Mushroom & Sweetcorn Pizza (V) Carbonara Pasta Margherita Pizza (V)	
THURSDAY	BRITISH	Creamy Chicken & Mushroom Pot Mashed Potato Broccoli		WINGS & THINGS	Choose a main: Chicken Thigh Wrap Brushed with Piri Piri or BBQ OR Sweet Potato Gumbo (V) Garlic Bread Crushed Chilli Peas		SPEEDY ITALIAN	Sicilian Meat Feast Pizza Spinach & Soft Cheese Lasagne (V) Margherita Pizza (V)	
FRIDAY	JAPANESE	Tempura Battered Fish & Katsu Sauce Chips Peas		DEEP SOUTH DINER	Choose a main: Chilli Beef Nachos OR Lentil, Pepper & Sweetcorn Sloppy Joe Chips BBQ Beans		SPEEDY ITALIAN	Cajun Chicken Sizzler Pizza Pasta Neapolitan (V) Margherita Pizza (V)	




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