






LUNCH MENU WEEK ONE

WEEK COMMENCING: Sept 2nd | Sept 23rd | Oct 14th | Nov 11th | Dec 2nd

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN STATION	Roast Vegetable Pasta Bake Roasted vegetables baked in a homemade tomato sauce & pasta	Quorn Burger Roast Quorn burger served in a bun with cheese and salad	Roast Chicken Flavourful oven roasted chicken breast seasoned with garlic & mixed herbs	Stuffed Peppers Peppers steamed then stuffed with a savoury Spanish rice	Chip Shop Friday	
PASTA & PIZZA BAR	Freshly cooked pasta & toppings & With a tasty selection of pizza & toppings					
JACKET POTATO BAR	Fresh baked jacket potatoes with a selection of toppings					
GREENS & GRAINS	Starch & Veg Salad, garlic or naan bread	Starch & Veg Coleslaw & seasoned wedges	Starch & Veg Roast potatoes, peas & carrots gravy	Starch & Veg Steamed veg & salad	Starch & Veg Chips, peas or baked beans	
MAIN STATION	 Kashmiri Pea Keema Quorn mince & pea keema cooked in fresh spices and tomatoes	 Dua Lipa Burger Oven baked beef patty topped with cheese & pepperoni	 Guangdong Chilli Cauliflower Noodle Pot Oven roasted pieces of cauliflower coated in a spicy oriental sauce with mixed peppers and noodles	 Spanish Fiesta Chicken cooked in paprika & tomatoes then braised in 50/50 Rice	 The Dirty Texan Chips topped with fajita style chicken, crispy onions and coriander	

DAILY & SPECIALS

Also Available Daily:

Selection of Grab & Go Snacks & pre-made Sandwiches
 Freshly made Cakes, Bakes,
 Fresh Fruit & a delicious selection of Sweet Desserts & Yoghurt








FOOD ALLERGIES & INTOLERANCES

If you require information on allergens or suffer from a food intolerance, please speak to a team member before you order food or drinks

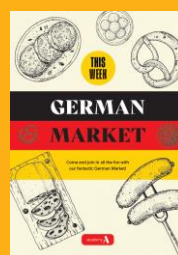
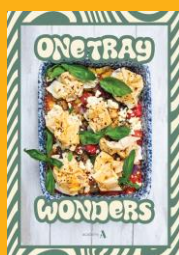
LUNCH MENU WEEK TWO

WEEK COMMENCING: Sept 9th | Sept 30th | Oct 21st | Nov 18th | Dec 9th

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	Chickpea & Lentil Pasta Bake Mild style curry flavour pasta bake with chickpeas & lentils	Bhaji Burger Lightly spiced Bhaji style burger made with gram flour, onions and mixed spices	Open Chicken & Leek Pie Fresh diced chicken cooked a creamy herb sauce with leeks & Topped with puff pastry	Tom Yum Noodle pot Thai style noodle dish; a broth is made with spices, vegetables & lentils	Chip Shop Friday
PASTA & PIZZA BAR	Freshly cooked pasta & toppings & With a tasty selection of pizza & toppings				
JACKET POTATO BAR	Fresh baked jacket potatoes with a selection of toppings				
GREENS & GRAINS	Starch & Veg Garlic bread slice & salad	Starch & Veg Cajun potatoes & fresh salad	Starch & Veg Mash potatoes, cabbage, roasted carrots & stuffing	Starch & Veg Spicy rice & minted peas	Starch & Veg Chips, peas or baked beans
MAIN STATION	 Mughlai Crown Court Kitchen Cauliflower Korma style cauliflower cheese bake	 The Piri-Piri Pink Burger Piri-piri Chicken style burger served on a bun with salad & mayonnaise	 Caribbean Beach Shack Pot Quorn mince & vegetables, cooked in a Caribbean style sauce	 My Thai Noodles served with sweet chilli style chicken, green beans in a pot	 Gujarati Royal Palace Chicken Wrap Spiced curry chicken in a tortilla wrap with rice, diced potatoes and mint yoghurt

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LUNCH MENU WEEK THREE

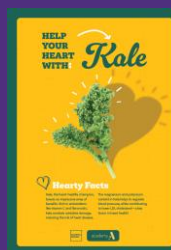
WEEK COMMENCING: Sept 16th | Oct 7th | Nov 4th | Nov 25th | Dec 16th

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	5 Bean Chilli Mexican style 5 bean chilli cooked with fresh tomatoes, onions, chilli and seasoning	BBQ Quorn Burger Quorn burgers coated in BBQ sauce and oven baked served in a seedless bun	Roasted Chicken Sausage Chicken sausages oven baked coated in mixed herbs and garlic	Buffalo Roasted Cauliflower Pieces Fresh cauliflower florets marinated overnight in a mild buffalo sauce & oven baked	Chip Shop Friday
PASTA & PIZZA BAR	Freshly cooked pasta & toppings & With a tasty selection of pizza & toppings				
JACKET POTATO BAR	Fresh baked jacket potatoes with a selection of toppings				
GREENS & GRAINS	Starch & Veg 50/50 rice, salad	Starch & Veg Patatas bravas & coleslaw	Starch & Veg Mashed potatoes, peas, carrots & gravy	Starch & Veg Wedges & steamed vegetables	Starch & Veg Chips, peas or baked beans
MAIN STATION	 Station Master Chickpea & Lentil Daal Slow cooked in fragrant spices and tomatoes. Mild and flavourful	 Ariana Grande Burger Paprika Chicken burger topped with sliced cheese & a hash brown	 Mexican Yucatan Mexican style vegetables stir fried then placed on top of a fluffy cloud of fresh mashed potatoes	 Greek Taverna Lemon & herb chicken flatbread with lettuce & mint yoghurt dressing	 Wild West Texan Fajita style chicken on top of chips layered with a sour cream & chive dressing

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