






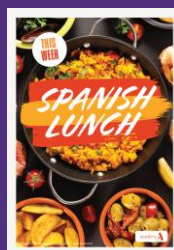
# LUNCH MENU WEEK ONE

WEEK COMMENCING: Jan 19<sup>th</sup> | Feb 9<sup>th</sup> | Mar 9<sup>th</sup> | Apr 13<sup>th</sup> | May 4<sup>th</sup> | Jun 1<sup>st</sup> | Jun 22<sup>nd</sup> | Jul 13<sup>th</sup>

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<b>Roast Vegetable Tagine</b> Roasted vegetables & Eat curious pieces braised in a Moroccan style sauce	<b>Quorn Burger</b> Roast Quorn burger served in a bun with cheese, relish/salsa and salad	<b>Chicken Chow-Mein</b> Fresh stir fried veg & chicken tossed through oriental spices, soy sauce & egg noodles	<b>Veggie Chimichurri Bowl</b> Roasted vegetables cooked in a braised rice with chimichurri spices	<b>Chip Shop Friday</b>
PASTA & PIZZA BAR	Freshly cooked white & wholewheat pasta & toppings & With a tasty selection of pizza & toppings				
JACKET POTATO BAR	Fresh baked jacket potatoes with a selection of toppings				
GREENS & GRAINS	<b>Starch &amp; Veg</b> Turmeric Rice, Pickled veg salad	<b>Starch &amp; Veg</b> Mixed salad & Seasoned Jacket wedges	<b>Starch &amp; Veg</b> Egg Noodles & Green beans	<b>Starch &amp; Veg</b> Savory Rice & salad	<b>Starch &amp; Veg</b> Chips, peas or baked beans
MAIN STATION	 <b>Keralan Curry</b> Eat curious Pieces marinated in Keralan spices slow cooked in coconut style sauce	 <b>Cajun Chicken Burger</b> Oven baked chicken coated in cajun seasoning served on an unseeded bun	 <b>Halo's Posh Noodle Pot</b> Japanese sweet potato katsu noodle pot. Sweet potato katsu style broth with Asian veg in a noodle pot.	 <b>Blackout Chicken</b> Chicken marinated in blackened cajun spices served in a tortilla bowl with a mixed salad	 <b>Love Me Tandoor</b> Chips topped with Tandoori marinated chicken, crispy onions and coriander and a mint yoghurt dressing

## 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

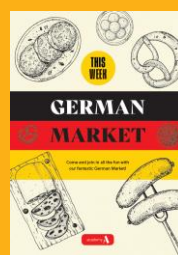
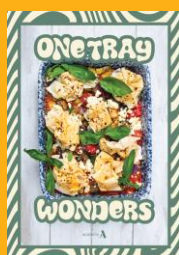
# LUNCH MENU WEEK TWO

WEEK COMMENCING: Jan 5<sup>th</sup> | Jan 26<sup>th</sup> | Feb 23<sup>rd</sup> | Mar 16<sup>th</sup> | Apr 20<sup>th</sup> | May 11<sup>th</sup>  
| Jun 8<sup>th</sup> | Jun 29<sup>th</sup>

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<b>Traditional Mac &amp; Cheese</b>  Maccaroni pieces coated in a creamy cheesy sauce and baked	<b>Bhaji Burger</b> Lightly spiced Bhaji style burger made with gram flour, onions and mixed spices	<b>Roast Chicken</b> Flavourful oven roasted chicken breast seasoned with garlic & mixed herbs	<b>Jamaican Me Crazy Rice Pot (meat)</b> Jerk chicken cooked in rice braised in coconut milk, spices, kidney beans & veg.	<b>Chip Shop Friday</b>
PASTA & PIZZA BAR	Freshly cooked white & wholewheat pasta & toppings & With a tasty selection of pizza & toppings				
JACKET POTATO BAR	Fresh baked jacket potatoes with a selection of toppings				
GREENS & GRAINS	<b>Starch &amp; Veg</b> Pasta, salad	<b>Starch &amp; Veg</b> Cajun potatoes & fresh salad	<b>Starch &amp; Veg</b> Roast potatoes, peas & carrots gravy	<b>Starch &amp; Veg</b> Braised rice & Steamed Veg	<b>Starch &amp; Veg</b> Chips, peas or baked beans
MAIN STATION	 <b>Mughlai Crown Court Kitchen Pasta Bake</b>  Korma style 5 bean and lentil Pasta bake	 <b>The Sweet Chilli K-Pop Burger</b>  Chicken marinated in sweet chilli sauce served on a bun with salad & mayonnaise	 <b>Keralan Boat Race</b> Oven roasted pieces of Eat curious coated in a flavorful Keralan sauce served with a pea & spinach rice.	 <b>Jamaican Me Crazy Rice Pot (veg)</b> Eat curious pieces marinated in jerk style sauce braised in rice with coconut milk & Veg	 <b>Burmese Chicken Flatbread</b> Burmese style chicken inside a warm flatbread topped with chips and chilli sauce

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# LUNCH MENU WEEK THREE

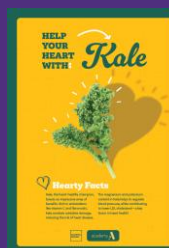
WEEK COMMENCING: Jan 12<sup>th</sup> | Feb 2<sup>nd</sup> | Mar 2<sup>nd</sup> | Mar 23<sup>rd</sup> | Apr 27<sup>th</sup> | May 18<sup>th</sup> | Jun 15<sup>th</sup> | Jul 6<sup>th</sup>

	MEAT FREE MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN STATION	<p><b>Eat curious Bolognese</b></p> <p>Eat curious mince style Bolognese cooked in a tomato &amp; herb sauce</p>	<p><b>BBQ Quorn Burger</b></p> <p>Quorn burgers coated in BBQ sauce and oven baked served in a seedless bun</p>	<p><b>Roasted Chicken Sausage</b></p> <p>Chicken sausages oven baked coated in mixed herbs and garlic</p>	<p><b>Piri-Piri NOT chicken Flatbread</b></p> <p>EAT curious pieces coated in a piri-piri sauce layered on a flatbread with mixed peppers.</p>	<p><b>Chip Shop Friday</b></p>
PASTA & PIZZA BAR	<p>Freshly cooked white &amp; wholewheat pasta &amp; toppings &amp; With a tasty selection of pizza &amp; toppings</p>				
JACKET POTATO BAR	<p>Fresh baked jacket potatoes with a selection of toppings</p>				
GREENS & GRAINS	<p><b>Starch &amp; Veg</b></p> <p>Pasta, salad</p>	<p><b>Starch &amp; Veg</b></p> <p>Patatas bravas &amp; Mexican bean salad</p>	<p><b>Starch &amp; Veg</b></p> <p>Mashed potatoes, peas, carrots &amp; gravy</p>	<p><b>Starch &amp; Veg</b></p> <p>Rice &amp; Salad</p>	<p><b>Starch &amp; Veg</b></p> <p>Chips, peas or baked beans</p>
MAIN STATION	 <p><b>Station Master Chickpea &amp; Lentil Pasta bake</b></p> <p>Slow cooked in fragrant spices and tomatoes. Mild and flavorful</p>	 <p><b>Canelo Burger</b></p> <p>Beef burger topped with crushed nachos, jalapenos and nacho cheese sauce served in a bun.</p>	 <p><b>Bang-Bang Cauliflower</b></p> <p>Cauliflower pieces coated in a spicy batter served on cloud of mash topped with veg and mint yoghurt dressing</p>	 <p><b>Suntan</b></p> <p>Tandoori chicken inside a flatbread with mixed peppers topped with mango chutney</p>	 <p><b>The Mounty</b></p> <p>Herb roasted chicken sliced and layered on top of chips covered in thick hot gravy topped with grated mild cheese.</p>

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