



WEEK 1

Classic Favourites



EASTERN

Great British

SOUTHERN STYLE

Fish & Chips

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

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



EASTERN



Great British



SOUTHERN STYLE



Fish & Chips



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

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

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POP UP

& STREET FOOD PROMOTIONS

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WEEK 3

Classic Favourites



EASTERN



Great British



SOUTHERN STYLE



Fish & Chips



MONDAY

PORK & BEEF MEATBALLS IN TOMATO SAUCE
Pasta, Garlic Bread

TUESDAY

MILD CHICKEN KORMA
50/50 Rice, Poppadums

WEDNESDAY

24HR BRAISED BBQ PORK
Creole Rice, Charred Corn

THURSDAY

FERNANDOS CHICKEN IN A BUN
Wedges, Coleslaw

FRIDAY

BATTERED FISH/ SALMON FISHCAKES
Chips

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

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