

Reach
your

FULL PGL POTENTIAL

with our delicious menu



MONDAY

TUESDAY

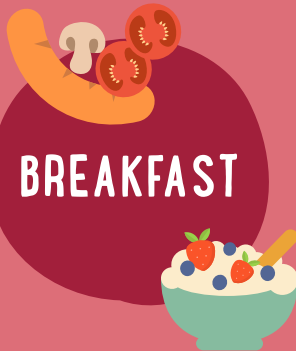
WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



BREAKFAST

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

Available every day: Selection of Cereals, Assorted Yoghurts, Bread Rolls, White or Brown Toast & Jam



LUNCH

Pizza	Hot Dogs	Pasta	Hot Sandwich	Burger	Fajitas	Sausage Rolls
Choices:	Choices:	Choices:	Choices:	Choices:	Choices:	Choices:
Pepperoni	Pork Hot Dog	Pasta Bolognese	Ham & Cheese Panini	Beef Burger	Chicken	Jumbo Sausage Rolls
Margherita (v)	Plant-based Hot Dog (ve)	Tomato & Basil Pasta (ve)	Plant-based Fish Finger Sandwich (ve)	Plant-based Burger (ve)	Plant-based Fajita (ve)	Plant-based Sausage Roll (ve)
Sides:	Sides:	Sides:	Sides:	Sides:	Sides:	Sides:
Skinny Fries	Potato Wedges	Garlic Bread	Crisps	Curly Fries	Tortilla Chips	Peas Mashed Potato



DINNER

Bangers & Mash	Piri Piri Chicken	Chicken Curry	Pork Meatballs in Tomato Sauce	Fish & Chips	Sweet Chilli Chicken Chunks	Sweet & Sour Chicken
Chicken Fillets with a BBQ Sauce	Sausage Pasta Bake	Fishcakes	Chicken Kieft	Chicken Katsu Curry	Lasagne	Fish Fingers
Plant-based Bolognese (ve)	Plant-based Chicken Schnitzel (ve)	Chilli non Carne (ve)	Plant-based Meatballs in Tomato Sauce (ve)	Plant-based Fishless Fillet (ve)	Vegetable Curry (ve)	Plant-based Nuggets (ve)
Sides:	Sides:	Sides:	Sides:	Sides:	Sides:	Sides:
Penne, Mashed Potato Sweetcorn, Carrots	Skinny Fries, Peas, Cauliflower	Rice, Potato Wedges, Broccoli, Carrots	Penne, Mashed Potato, Sweetcorn, Green Beans	Skinny Fries, Rice, Peas, Carrots	Rice, Garlic Bread, Country Veg	Curly Fries, Rice, Carrots, Green Beans
Doughnuts (v)	Fruit Muffin (ve)	Chocolate Crispy Cake (v)	Waffles (v)	Chocolate Eclairs (v)	Chocolate Muffin (ve)	Profiteroles (v)

Healthy Choices

Available daily

Fresh fruit

- every mealtime



Unlimited salad

- from our salad bar, lunch & dinner

Unlimited Drinks

Coffee, tea, chilled squash

Dietary & Allergens

We can cater for a wide variety of food requirements when notified in advance, including allergies, intolerances, medical conditions, and those specified by culture and religion.

It may not always be possible to cater for more specific diets such as weight management programmes, organic etc.

Some of our dishes contain ingredients that are produced in a factory which handles nuts - please ask us for more information.

This menu applies to weeks commencing:
6/06, 20/06, 4/07, 18/07, 1/08, 15/08, 29/08,
12/09, 26/09, 10/10, 24/10, 7/11, 21/11, 5/12, 19/12

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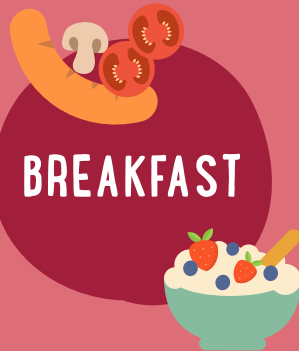
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Choices:	Choices:	Choices:	Choices:	Choices:	Choices:	Choices:
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Margherita (v)	Plant-based Hot Dog (ve)	Tomato & Basil Pasta (ve)	Plant-based Fish Finger Sandwich (ve)	Plant-based Burger (ve)	Plant-based Fajita (ve)	Plant-based Sausage Roll (ve)
Plant-based Margherita (ve)	Sides:	Sides:	Sides:	Sides:	Sides:	Sides:
Skinny Fries	Potato Wedges	Garlic Bread	Crisps	Curly Fries	Tortilla Chips	Peas Mashed Potato



Bangers & Mash	Piri Piri Chicken	Chicken Katsu Curry	Pork Meatballs in Tomato Sauce	Fish & Chips	BBQ Chicken Chunks	Bacon Mac 'n' Cheese
Chicken Kiev	Tuna Pasta Bake	Fishcakes	Fried Chicken	Chicken Curry	Lasagne	Fish Fingers
Plant-based Bolognese (ve)	Plant-based Chicken Schnitzel (ve)	Chilli non Carne (ve)	Plant-based Meatballs in Tomato Sauce (ve)	Plant-based Fishless Fillet (ve)	Vegetable Curry (ve)	Plant-based Nuggets (ve)
Sides:	Sides:	Sides:	Sides:	Sides:	Sides:	Sides:
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This menu applies to weeks commencing:
13/06, 27/06, 11/07, 25/07, 8/08, 22/08, 5/09, 19/09,
3/10, 17/10, 31/10, 14/11, 28/11, 12/12, 26/12