

WEEKEND JOURNALS

WEEK THREE

CRUNCH & GO

LUNCH TANGY

SOCIALLY RESPONSIBLE LUNCH SOCIAL

FLAVOURS

MONDAY

DEEP SOUTH DINER
Choose a main: Ultimate Cheese Burger **OR** Quorn Burger ✓
 Chipotle Wedges
 Chop Chop Salad



THAI

Thai Red Chicken Curry ♥
 Wholegrain Rice ♥
 Lightly Spiced Sweetcorn with Lime ♥



SPEEDY ITALIAN

Selection of Freshly Prepared Pizza's and Pasta Dishes



TUESDAY

WINGS & THINGS
Choose a main: Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tobacco **OR** Vegetable Chilli ✓
 Golden Rice & Beans ♥
 Southern Greens ♥



MEDITERRANEAN

Chicken Gyros ♥
 Crunchy Salad ♥



SPEEDY ITALIAN

Selection of Freshly Prepared Pizza's and Pasta Dishes



WEDNESDAY

DEEP SOUTH DINER
Choose a main: BBQ Chicken Mac 'N' Cheese **OR** Cajun Vegetable Burrito ✓
 Baked Garlic & Herb Wedges
 Crunchy Raw Slaw ♥



BRITISH

Honey Roast Ham
 Roast Potatoes
 Roasted Vegetables



SPEEDY ITALIAN

Selection of Freshly Prepared Pizza's and Pasta Dishes



THURSDAY

WINGS & THINGS
Choose a main: Cajun Pulled Pork & Bean Pitta **OR** Cauliflower & Creamed Corn Bake ✓
 Paprika Wedges ♥
 BBQ Beans



BRITISH

Butcher Sausage & Mash
 Garden Peas



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FRIDAY

DEEP SOUTH DINER
Choose a main: Smokey Chicken Wrap **OR** Feta & Chickpea Cake with Salsa ✓
 Mexican Yellow Rice ♥
 Tomato, Red Onion & Lentil Salad ♥



BRITISH

Home-made Battered Fish Fillet
 Chips
 Peas or Baked Beans



SPEEDY ITALIAN

Selection of Freshly Prepared Pizza's and Pasta Dishes



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



from **Italy with Love**

