



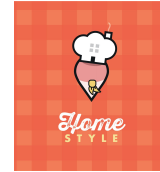
Pork Bangers & Mash

Fresh veg and gravy



Beef Lasagne

Garlic bread, salad and slaw



Roast Lunch

Roasties, fresh veg & gravy



Sweet Chilli Vegetable Stir-fry (v)

Noodles



Fish & Chips

Peas, tartare sauce and lemon

OPTION ONE

OPTION TWO

Chicken Curry

Rice and naan

Piri Chicken

Rice, corn and slaw

Traditional Gyros

Chicken, flatbread, salad and mint yoghurt

Chicken Hotpot

Mash and buttered carrots

SFC Burger

Floured bun, chips and salad

OPTION THREE

Quorn Bangers & Mash (v)

Fresh veg and gravy

Tomato Pasta (v)

Cheese topped

Quorn Roast (v)

Roasties, fresh veg & gravy

Vegetable Hotpot (v)

Mash and buttered carrots

Loaded Jacket (v)

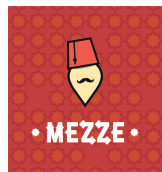
2 filling plus salad

WEEK 1



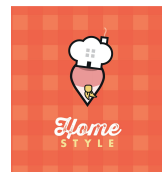
Sweet & Sour Pork

Egg noodles,
fresh veg



Beef Kofta

Flat bread with
salad and tzatziki



Roast Lunch

Roasties, fresh
veg & gravy



Chicken Pie

Mash, fresh veg
and gravy



Fish & Chips

Peas, tartare
sauce and
lemon

OPTION ONE



OPTION TWO

Korean Chicken

Rice and
Korean slaw

Falafel Flatbread (v)

Salad
and tzatziki

Thai Green Chicken Curry

Rice

Loaded Beef Chilli Jacket

Cheese & salad

SFC Burger

Floured bun,
chips and salad



OPTION THREE

Sweet & Sour Vegetables (v)

Egg noodles,
fresh veg

Loaded Jacket (v)

Two filling
& salad

Thai Green Curry (v)

Rice

Vegetable Pie (v)

Mash, fresh veg
and gravy

Tomato Pasta (v)

Cheese
topped





Cottage Pie
Fresh veg
and gravy



**BBQ
Pulled Pork**
Wedges, salad and
smokey beans



**Roast
Lunch**
Roasties, fresh
veg & gravy



**All Day
Breakfast**
Sausage, poached
egg, hash brown,
beans, tomato



**Fish &
Chips**
Peas, tartare
sauce and
lemon

OPTION ONE

**Chicken
Chow Mein**
Sweet chilli
broccoli

**Beef
Chilli Nachos**
cheese, sour
cream and salsa

**Jerk
Chicken**
Rice
and peas

**Chicken
Curry**
Rice
and naan

**SFC
Burger**
Floured bun,
chips and salad

OPTION TWO

**Vegetable Chow
Mein (v)**
Sweet chilli
broccoli

**Veggie Chilli
Nachos (v)**
Cheese, sour
cream and salsa

**Tomato
Pasta (v)**
Cheese
topped

**Veggie
Breakfast (v)**
Quorn sausage,
poached egg, hash
brown, beans,
tomato

**Loaded
Jacket (v)**
Two filling
& salad

OPTION THREE



HOT DELI

Made to Order Hot Wraps

Daily specials,
made to order

Toasted Paninis

Popular fillings plus
specials

Pasta Pot

Vegetarian,
changing daily

**LIGHTER
CHOICE**

Loaded Jacket Potato

Choose from a selection toppings,
includes salad

Pre Order Salads

Order & pay at morning break,
collect at lunch

**COLD
DELI**

Filled Baguettes

Core fillings plus daily specials

Simple Sandwiches

Ham, egg or cheese
