

Reach  
your

# FULL PGL POTENTIAL

with our delicious menu



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

### BREAKFAST

Weetabix Coco Pops Rice Krispies Cornflakes Frosties Selection of Yoghurts & Fruit Compotes	Weetabix Coco Pops Rice Krispies Cornflakes Cheerios Selection of Yoghurts & Fruit Compotes	Weetabix Coco Pops Rice Krispies Cornflakes Frosties Selection of Yoghurts & Fruit Compotes	Weetabix Coco Pops Rice Krispies Cornflakes Cheerios Selection of Yoghurts & Fruit Compotes	Weetabix Coco Pops Rice Krispies Cornflakes Frosties Selection of Yoghurts & Fruit Compotes	Weetabix Coco Pops Rice Krispies Cornflakes Cheerios Selection of Yoghurts & Fruit Compotes	Weetabix Coco Pops Rice Krispies Cornflakes Frosties Selection of Yoghurts & Fruit Compotes
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Also available every day : Croissants | Pain au Chocolat | Pain aux Raisin | White / Brown Toast & Jam

### LUNCH

<b>Nuggets</b> Choices: Chicken Nuggets Vegetable Nuggets (ve) Sides: Baked Beans Potato Wedges	<b>Cold Sandwiches</b> Choices: Ham Cheese (v) Vegan Cheese (ve) Salami Tuna Mayo Sides: Crisps Tomato Soup (v)	<b>Fish Fingers/ Sausage Rolls</b> Choices: Fish Fingers Plant-based Sausage Rolls (ve) Sides: Peas Curly Fries	<b>Cold Sandwiches</b> Choices: Ham Cheese (v) Vegan Cheese (ve) Salami Egg Mayo Sides: Crisps Tomato Soup (v)	<b>Burgers</b> Choices: Beef Burger Plant-based Burger (ve) Sides: Fries	<b>Hot Dogs</b> Choices: Pork Hot Dog Plant-based Hot Dog (ve) Sides: Potato Wedges	<b>Cold Sandwiches</b> Choices: Ham Cheese (v) Vegan Cheese (ve) Salami Chicken Mayo Sides: Crisps Tomato Soup (v)
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### DINNER

Chicken Kiev Sausages with Gravy Plant-based Chicken Schnitzel (ve) Sides: Mashed Potato, Sweetcorn, Green Beans Chocolate Muffins (v)	Chicken in BBQ Sauce Pasta Bolognese Butternut Squash Wellington (ve) Sides: New Potato, Peas, Carrots Doughnuts (v)	Chargrilled Chicken Breast Tuna Pasta Bake Plant-based Fish Fingers (ve) Sides: Curly Fries, Country Veg, Cauliflower Millionaires Slice (v)	Pork Meatballs in Tomato Sauce Katsu Curry Vegetable Curry (v) Sides: Spaghetti, Rice, Green Beans, Carrots Chocolate Brownies (v)	Fish & Chips Chicken Curry Plant-based Fishless Fillet (ve) Sides: Skinny Fries, Rice, Peas, Carrots Eclairs (v)	Sweet Chilli Chicken Chunks Fish Cakes Plant-based Sausage Rolls (ve) Sides: Mashed Potato, Country Veg, Corn on the Cob Fruit Muffins (v)	Pepperoni Pizza Margherita Pizza (v) Plant-based Margherita Pizza (ve) Sides: Potato Wedges, Peas, Carrots Waffles (v)
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## 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.