Weekly Menu

Week 1

		Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	**£2.35**	Chicken Biryani	Chilli Con Carne & Popeye Rice & Grains	Roast Chicken Lunch	Shepherd's Pie	GF Bubble Crumb Salmon & Chips
Vegetarian	**£1.85**	Curious Vegetarian Cottage Pie	Bang In some Beans Cheesy Beans on Toast	Curious Vegetarian Lasagne	Mixed Bean & Korean BBQ Chimichanga	Curious Vegetarian Tagine
Vegetables & Potatoes	**From £0.50**	Steamed Broccoli Honey Lemon Carrots	Green Beans Sweetcorn	Roast Carrots Peas Roast Potatoes	Mixed Vegetables Corn on the Cob	Baked Beans Garden Peas Chips
Jacket Potato	**From £1.75**	Humble Spud Cheese/ Beans	Humble Spud Cheese/ Beans	Humble Spud Cheese/ Beans	Humble Spud Cheese/ Beans	Humble Spud Cheese/ Beans
Grab & Go	**From £1.05**	Pizza Panini Concept of the Day Pasta & Sauce Pot	Pizza Panini Concept of the Day Pasta & Sauce Pot	Pizza Panini Concept of the Day Pasta & Sauce Pot	Pizza Panini Concept of the Day Pasta & Sauce Pot	Pizza Panini Concept of the Day Pasta & Sauce Pot
Dessert	**£1.35**	Bread 'Ends'& Butter Pudding	Apple Crumble & Custard	Oaty Fruit Crunch	Banana Muffin	Chocolate Cake & Custard

Weekly Menu

Week 2

		Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	**£2.35**	Thai Chicken Curry with Plant Power Rice	Beef Lasagne With side Salad	Honey Roast Gammon Lunch	Hong Kong Chicken Stir Fry	Fish Finger Bap & Chips
Vegetarian	**£1.85**	Curious Pasta Bolognaise	Black Eye & Butter Bean Stew	Eat Curious Vegetarian Lasagne	Lentil, Chickpea & Bean Dhal	Chilli 'Non' Carne with Popeye Rice & Grains
Vegetables & Potatoes	**From £0.50**	Sauteed Courgette Sweetcorn	Steamed Broccoli Roasted Beetroot & Carrot	Roast Carrots & Braised Savoy Cabbage	Cauliflower Cheese Green Beans	Garden Peas Baked Beans Chips
Jacket Potato	**From £1.75**	Humble Spud Cheese/ Beans	Humble Spud Cheese/ Beans	Humble Spud Cheese/ Beans	Humble Spud Cheese/ Beans	Humble Spud Cheese/ Beans
Grab & Go	**From £1.05**	Pizza Panini Concept of the Day Pasta & Sauce Pot	Pizza Panini Concept of the Day Pasta & Sauce Pot	Pizza Panini Concept of the Day Pasta & Sauce Pot	Pizza Panini Concept of the Day Pasta & Sauce Pot	Pizza Panini Concept of the Day Pasta & Sauce Pot
Dessert	**£1.35**	Marmalade & Ginger Sponge & Custard	Butternut Squash Muffin	Sticky Toffee Pudding & Custard	Carrot & Sultana Flapjack	Bread 'Ends' Pudding

Weekly Menu

Week 3

		Monday	Tuesday	Wednesday	Thursday	Friday
Main Course	**£2.35**	Mild Chicken Curry with Green Goblin Rice	Smashed Burger & Rainbow Wedges	Honey Roast Gammon Pie & Mash	Tandoori Chicken Stick	GF Bubble Crumb Pollock & Chips
Vegetarian	**£1.85**	Vegetarian Burrito	Smashed Bean Burger & Rainbow Wedges	Eat Curious Keema & Popeye Rice	Greek Butter Beans with Tomato & Kale	Curious Coconut Tikka Masala
Vegetables & Potatoes	**From £0.50**	Steamed Broccoli Roast Courgette & Aubergine	Red Cabbage Coleslaw Corn on the Cob Baked Wedges	Honey Roast Carrots Braised Red Cabbage Roast Potatoes	Sweetcorn Roasted Root Veg	Garden Peas Baked Beans Chips
Jacket Potato	**From £1.75**	Humble Spud Cheese/ Beans	Humble Spud Cheese/ Beans	Humble Spud Cheese/ Beans	Humble Spud Cheese/ Beans	Humble Spud Cheese/ Beans
Grab & Go	**From £1.05**	Pizza Panini Concept of the Day Pasta & Sauce Pot	Pizza Panini Concept of the Day Pasta & Sauce Pot	Pizza Panini Concept of the Day Pasta & Sauce Pot	Pizza Panini Concept of the Day Pasta & Sauce Pot	Pizza Panini Concept of the Day Pasta & Sauce Pot
Dessert	**£1.35**	Jam & Coconut Sponge with Custard	Carrot “Peel” Muffin	50% Apple, Cinnamon & Date Crumble & Custard	Allotment “Peel” Cake	Coconut Rice Pudding with Jam

Meal Deals

Meal Deals £2.40	**Any main meal* or sandwich/baguette, pizzas or jacket potato(1 topping)** **+ jelly, mousse, hot dessert or Lewis' bakes or Radnor 125ml juice or water**	**Available All Day**
Meal Deals £2.60	**Any main meal* or sandwich/baguette, pizzas or jacket potato(1 topping)** **+ jelly, mousse, hot dessert or Lewis' bakes** **Radnor 125ml juice or water**	**Available All Day**
	• **Does not include concept meals** • **Meal deal offers will be labelled**	

Allergen Info

Allergen Information

Allergen Requests

Allergen / dietary requests - If you wish to order something, please can this be done in the morning before 9am with a member of Kitchen staff so we can ensure it is prepared separately and ready for you at lunch time.

All our team are allergen trained, and your food will be prepared separately, but we like to make our customers aware that we do have a very high volume of allergen containing products within our kitchen, so there does remain the risk of cross contamination as the same ovens, fryers etc are used for all products.

Allergen Statement

Our allergen matrix covers the 14 allergens specified by the Food Information Regulations. It lists what allergenic ingredients are contained in each of our dishes. We do not currently carry across may contain warnings from our food suppliers. Should you require to see May Contain information from our suppliers please ask your server. Our busy kitchens handle numerous ingredients and allergens. Whilst we have strict controls in place to reduce the risk of cross-contact, unfortunately it is not possible for us to guarantee that our dishes will be allergen free.