

Reach
your

FULL PGL POTENTIAL



with our freshly prepared menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Sausages	Sausages	Bacon	Sausages	Bacon	Sausages	Bacon
Plant-based sausages (v)	Plant-based sausages (v)	Plant-based sausages (v)	Plant-based sausages (v)	Plant-based sausages (v)	Plant-based sausages (v)	Plant-based sausages (v)
Scrambled eggs	Hash brown	Scrambled eggs	Scrambled eggs	Hash brown	Scrambled eggs	Hash brown
Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms	Mushrooms
Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans	Baked beans
Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes	Tomatoes

AVAILABLE EVERY DAY Choice of cooked & continental breakfast

Continental options: Choice of cereals | Porridge | Assorted yoghurts | White or brown toast & jam

AVAILABLE EVERY DAY Homemade soup of the day & roll | Choice of meat, vegetarian or vegan option

Hot dog & wedges	Loaded jacket	Filled roll or wrap	Pasta & garlic bread	Burger, relish & skinny fries	Fajitas, tortilla chips & dips	Filled roll or wrap
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Mains Crispy chicken breast pieces with sweet & sour sauce Chickpea, lentil & coconut curry, naan (v) Vegetable Kiev (v)	Mains Beef bolognese Piri Piri chicken Vegetable biryani (v)	Mains Chicken vegetable tikka & naan Fish fingers Feta & roasted vegetable lattice (V)	Mains Sausages & onion gravy Chicken & vegetable pie Quorn & vegetable chow mein (v)	Mains Battered fish fillet & tartare sauce Meatballs in tomato sauce Lentil bolognese (v)	Mains Meat pizza Margherita pizza (v) Chicken Kiev Vegetable & mushroom pilaf (v)	Mains Roast dinner, Yorkshire pudding & gravy Mac & cheese (v)
Sides Chips, rice, broccoli, carrots	Sides Rosemary potatoes, pasta, green beans, roasted Mediterranean vegetables	Sides Chips, rice, peas, carrots	Sides Mashed potato, mixed vegetables	Sides Chips, spaghetti, peas, carrots	Sides Cajun fries, green beans, broccoli	Sides Roast potatoes, roasted root vegetables
Dessert Doughnut	Dessert Raspberry ice cream cake	Dessert Chocolate crispy cake	Dessert Apple crumble & cream	Dessert Ice cream	Dessert Profiteroles & chocolate sauce	Dessert Waffles & strawberry sauce

DINNER

AVAILABLE EVERY DAY

Choice of meat, vegetarian or vegan option

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.