Reach your

FULL PGL POTENTIALS



with our freshly prepared menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Sausages Plant-based sausages (v) Scrambled eggs Mushrooms Baked beans

Tomatoes

Sausages Plant-based sausages (v) Hash brown Mushrooms Baked beans

Tomatoes

Plant-based sausages (v) Scrambled eggs Mushrooms Baked beans **Tomatoes**

Bacon

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Plant-based sausages (v) Hash brown Mushrooms Baked beans

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Bacon

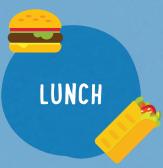
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Tomatoes

Bacon Plant-based sausages (v) Hash brown Mushrooms Baked beans **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



AVAILABLE **EVERY DAY**

Choice of meat. vegetarian or vegan option

Mains

Crispy chicken breast pieces with sweet & sour sauce

Chickpea, lentil & coconut curry, naan (v)

Vegetable Kiev (v)

Sides

Chips, rice, broccoli, carrots

Dessert

Doughnut

Mains

Beef bolognese Piri Piri chicken

Vegetable biryani (v)

Sides

Rosemary potatoes, pasta, green beans, roasted Mediterranean vegetables

Dessert

Raspberry ice cream cake

Mains

Chicken vegetable tikka & naan

Fish fingers

Feta & roasted vegetable lattice (V)

Sides

Chips, rice, peas, carrots

Dessert

Chocolate crispy cake

Mains

Sausages & onion gravy Chicken & vegetable pie

Quorn & vegetable chow mein (v)

Sides

Mashed potato, mixed vegetables

Dessert

Apple crumble & cream

Mains

Battered fish fillet & tartare sauce

Meatballs in tomato sauce

Lentil bolognese (v)

Sides

Chips, spaghetti, peas, carrots

Dessert

Ice cream

Mains

Meat pizza Margherita pizza (v)

Chicken Kiev

Vegetable & mushroom pilaf (v)

Sides

Cajun fries, green beans, broccoli

Dessert

Profiteroles & chocolate sauce

Mains

Roast dinner, Yorkshire pudding & gravy

Mac & cheese (v)

Sides

Roast potatoes, roasted root vegetables

Dessert

Waffles & strawberry sauce 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.