

WEEK 1

CLASSIC FAVOURITES MONDAY

Eastern TUESDAY

Great British WEDNESDAY

All American THURSDAY

FISH CHIP FRIDAY

MAIN

£1.90

Cottage Pie (Beef) (7) Garden Peas	Oriental Sweet & Sour Chicken (1) Egg Noodles (2,4)	Roast Beef Yorkshire Pudding (2,4,7) Cauliflower, Green Beans New Potatoes & Gravy (2)	ButterMilk Chicken Baked Wedges, Coleslaw and Baby Cobs (2, 7)	Oven Baked Battered Fish (2,4,5,7) or Salmon Fish Cakes (2,5) Chips and Baked Beans/Peas
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VEGGIE

£1.90

MEAL DEAL £2.36 - MAIN OR VEGGIE WITH PUD & 50p DRINK + FREE SALAD

Macaroni Cheese (2,7) Sweetcorn/Garden Peas and Garlic Slice (2,7) ✓	Chick Pea, Spinach & Sweet Potato Curry (2) Rice VEGAN ✓	Roast Quorn Fillet (4) Yorkshire Pudding (2,4,7) Cauliflower, Green Beans, New Potatoes & Gravy (2) ✓	Loaded Mexican Vegetable & Bean Chilli (2,4,7) VEGAN ✓ On Wedges (not Cooked in Oil)	Veggie Linda Mc Sausages, Chips with Beans, Cheese (7) Mixed Salad VEGAN ✓
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FUSION

£1.90

Tomato & Herb Pasta (2) ✓ Sweet Chilli Chicken Noodle Pot (2,4,12)	Tomato & Herb Pasta (2) ✓ Piri Piri Chicken Rice Pot (2)	Tomato & Herb Pasta (2) ✓ Chilli Beef Pasta Pot (2,)	Tomato & Herb Pasta (2) ✓ Chicken Korma Rice Pot (2,7)	Tomato & Herb Pasta (2) ✓ Bacon Pasta Pot (2)
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STREET

See Street Food Tariff and notice boards for todays offers and information.	See Street Food Tariff and notice boards for todays offers and information.	See Street Food Tariff and notice boards for todays offers and information.	See Street Food Tariff and notice boards for todays offers and information.	See Street Food Tariff and notice boards for todays offers and information.
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DELI 2GO

Assorted Freshly Made Baguettes, Wraps & Sandwiches (see packaging for allergens)	Assorted Freshly Made Baguettes, Wraps & Sandwiches (see packaging for allergens)	Assorted Freshly Made Baguettes, Wraps & Sandwiches (see packaging for allergens)	Assorted Freshly Made Baguettes, Wraps & Sandwiches (see packaging for allergens)	Assorted Freshly Made Baguettes, Wraps & Sandwiches (see packaging for allergens)
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THE PUD

£0.65

Ice Cream Pot (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Apple Crumble (2,4,7) & Custard Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Vanilla Sponge & Custard (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Assorted Mixed Cookies (2,4,7,13) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Beetroot and Chocolate Muffin (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly
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our Kitchen Rev Sept 2019

Milk, Juices, Waters, Yoghurt, Fresh Fruit, Sandwiches and other healthy snacks are available from our chillers hot counters or outlets daily and all subject to availability.

amey

CHILDREN'S FOOD TRUST Eat Better Do Better

ANY ALLERGEN CONCERNS - PLEASE SPEAK TO THE CATERING MANAGER

ALLERGEN KEY

1 Celery 2 Cereals containing Gluten 3 Crustaceans 4 Eggs 5 Fish 6 Lupin 7 Milk 8 Molluscs 9 Mustard 10 Nuts 11 Peanuts 12 Sesame 13 Soya 14 Sulphur Dioxide

WE ONLY SERVE FOOD WE WOULD BE HAPPY TO BE SERVED OURSELVES. MOST OF OUR MEAT IS RED TRACTOR ACCREDITED AND BRITISH, OUR EGGS AND MAYO ARE FREE RANGE, OUR FISH IS CAUGHT FROM SUSTAINABLE STOCKS. TO FURTHER REDUCE THE FOOD MILES, AMEY'S AIM IS TO PROCURE OUR INGREDIENTS FROM ONE SUPPLIER THAT SOURCE AS LOCAL AS POSSIBLE. HOWEVER SOURCING THESE GREAT INGREDIENTS AND PRODUCING GREAT TASTING FOOD CAN ONLY BE BROUGHT TOGETHER BY OUR SKILLED AND TRAINED TEAMS. ALL OF OUR FOOD IS PRODUCED IN AN ENVIRONMENT WHERE NUTS AND OTHER FOOD ALLERGENS ARE PRESENT, IF YOU HAVE A DIETARY REQUIREMENTS, PLEASE SPEAK TO ONE OF OUR TEAM WHO WILL BE HAPPY TO HELP TO FIND SOMETHING SUITABLE. ALL OF OUR DISHES ARE FULLY COMPLIANT WITH THE NEW GOVERNMENT

WEEK 2

CLASSIC FAVOURITES MONDAY

Eastern TUESDAY

Great British WEDNESDAY

All American THURSDAY

FISH CHIP FRIDAY

MAIN

£1.90

Spaghetti Bolognese (2,7) Cheesy Garlic Bread (2,7) and Mixed Salad	Chicken Tikka (7) Wholegrain Rice and Mini Naan Bread (2)	Roast Turkey Yorkshire Pudding (2,4,7), Seasonal Veg, Roast Potatoes & Gravy	Mexican Beef Chilli Enchilada (2) Sweetcorn with Baked Cajun Wedges	Oven Baked Battered Fish (2,4,5,7) Chips and Baked Beans/Peas
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MEAL DEAL £2.36 - MAIN OR VEGGIE WITH PUD & 50p DRINK + FREE SALAD

VEGGIE

£1.90

Linda McCartney Bolognese (2,13) ✓ Cheesy Garlic Bread (2,7) and Mixed Salad	Vegetable Tikka Masala (contains lentils, pulse & beans) (7) ✓ Wholegrain Rice and Naan (2)	Vegetable Savoury Pastry (2,4,7) ✓ Seasonal Veg and Potatoes	Falafel (chick pea)(2) and Spinach Burger in Bun (2) ✓ Wedges & Coleslaw (4,7,9)	Spicy Bean Burger Wrap with a dressing (2) VEGAN ✓ Chips & Peas (7)
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FUSION

£1.90

Tomato & Herb Pasta (2) ✓ Cheesy Pasta Pot (2,7)	Tomato & Herb Pasta (2) ✓ Chilli Beef Rice Pot (2)	Tomato & Herb Pasta (2) ✓ Beef Bolognese Pasta Pot (2)	Tomato & Herb Pasta (2) ✓ Spicy Sausage Pasta Pot (2,13)	Tomato & Herb Pasta (2) ✓ Chicken Meatball Pasta Pot (2)
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STREET

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DELI 2GO

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THE PUD

£0.65

Ice Cream Pot (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Chocolate Sponge with Chocolate Sauce (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Apple and Fruit Crumble & Custard (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Coco Crunch (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Vanilla Muffin (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly
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Rev Sept 2019

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our Kitchen

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WEEK 3

CLASSIC FAVOURITES MONDAY

Eastern TUESDAY

Great British WEDNESDAY

All American THURSDAY

FISH CHIP FRIDAY

MAIN

£1.90

Brunch Lunch Pork or Chicken Sausage (13), Scrambled Egg (4,7), Bacon, Beans & Diced Potatoes	Japanese Chicken Katsu with a Curry Sauce (1,2,4,7,9,12,13) Wholegrain Rice	Hunters Chicken (7) Mixed Vegetables & Potatoes	American Beef Pie (2,4,7) Mash & Sweetcorn	Oven Baked Battered Fish (2,4,5,7) Chips and Baked Beans/Peas
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MEAL DEAL £2.36 - MAIN OR VEGGIE WITH PUD & 50p DRINK + FREE SALAD

VEGGIE

£1.90

Veggie Brunch Lunch (4,7) Egg (4,7), Veggie Sausages (4) Beans & Diced Potatoes ✓	Katsu Vegetable Curry Wholegrain Rice VEGAN ✓	Cheese & Onion Quiche (2,4,7) ✓ Mixed Vegetables & Potatoes	American Vegetarian Pie (2,4,7) ✓ Wedges and Sweetcorn	Quorn Sausages (2,4,7,14) Chips, Beans & Gravy ✓
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FUSION

£1.90

Tomato & Herb Pasta (2) ✓ Sweet Chilli Chicken Noodle Pot (2,4,12)	Tomato & Herb Pasta (2) ✓ Piri Piri Chicken Rice Pot (2)	Tomato & Herb Pasta (2) ✓ Chilli Beef Pasta Pot (2,)	Tomato & Herb Pasta (2) ✓ Chicken Korma Rice Pot (2,7)	Tomato & Herb Pasta (2) ✓ BBQ Chicken Pasta Pot (2)
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STREET

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DELI 2GO

Assorted Freshly Made Baguettes, Wraps & Sandwiches (see packaging for allergens)	Assorted Freshly Made Baguettes, Wraps & Sandwiches (see packaging for allergens)	Assorted Freshly Made Baguettes, Wraps & Sandwiches (see packaging for allergens)	Assorted Freshly Made Baguettes, Wraps & Sandwiches (see packaging for allergens)	Assorted Freshly Made Baguettes, Wraps & Sandwiches (see packaging for allergens)
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THE PUD

£0.65

Ice Cream Pot (2,4,7)	Hot Lemon Drizzle & Custard (2,4,7)	Jam Sponge & Custard (2,4,7)	Hot Chocolate Brownie (2,4,7)	Mixed Fruit Muffin (2,4,7)
Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly

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our Kitchen good food's what we do

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WEEK 4

CLASSIC FAVOURITES MONDAY

Eastern TUESDAY

Great British WEDNESDAY

All American THURSDAY

FISH CHIP FRIDAY

MAIN

£1.90

Classic Beef Lasagne (2,4,7,9) Garden Peas and New Potatoes	Chicken Korma (7,9) Wholegrain Rice & Mini Naan (2)	Pork Chop or Roast Chicken Yorkshire Pudding (2,4,7), Carrots Peas, Crushed Roasted New Potatoes & Gravy	Beef 'n' Cheese Burger (2,7,13) Baked Wedges and Beans	Oven Baked Battered Fish (2,4,5,7) Chips and Baked Beans/Peas
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MEAL DEAL £2.36 - MAIN OR VEGGIE WITH PUD & 50p DRINK + FREE SALAD

VEGGIE

£1.90

Vegetable Lasagne (2,4,7,9) ✓ Garden Peas and New Potatoes	Vegetable Curry (9,10) Wholegrain Rice & Mini Naan (2) ✓	Vegetable Tortilla (4,7) Crushed New Roasted Potatoes & Carrots/Peas ✓	Loaded Vegetable Quorn Chilli with Nachos (2) VEGAN ✓	Cheese & Onion Pasty (2,4,7) Chips & Salad ✓
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FUSION

£1.90

Tomato & Herb Pasta (2) ✓ Cheesy Pasta Pot (2,7)	Tomato & Herb Pasta (2) ✓ Chilli Beef Rice Pot (2)	Tomato & Herb Pasta (2) ✓ Beef Bolognese Pasta Pot (2)	Tomato & Herb Pasta (2) ✓ Spicy Sausage Pasta Pot (2,13)	Tomato & Herb Pasta (2) ✓ Chicken Meatball Pasta Pot (2)
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STREET

See Street Food Tariff and notice boards for todays offers and information.

DELI 2GO

Assorted Freshly Made Baguettes, Wraps & Sandwiches (see packaging for allergens)

THE PUD

£0.65

Ice Cream Pot (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Apple Crumble (2,4,7) & Custard Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Vanilla Sponge & Custard (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Assorted Mixed Cookies (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Beetroot and Chocolate Muffin (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly
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WEEK 5

CLASSIC FAVOURITES MONDAY

Eastern TUESDAY

Great British WEDNESDAY

All American THURSDAY

FISH CHIP FRIDAY

MAIN

£1.90

Steak Pie'n' Baked Wedges
Peas/Sweetcorn

Chicken Chow Mein
Noodles (1,2,4,10,13) with
Peppers, Onions, Babycorn &
Mangetout

Roast Chicken
Yorkshire Pudding (2,4,7),
Mixd Vegetable, Roast Potatoes &
Gravy

Mexican Beef
Taco's (2)
Rice and Sweetcorn

Oven Baked Battered Fish
(2,4,5,7)
Chips and Baked Beans/Peas

MEAL DEAL £2.36 - MAIN OR VEGGIE WITH PUD & 50p DRINK + FREE SALAD

VEGGIE

£1.90

Quorn Steak 'n' Wedges With a
Salsa Sauce (4)
Peas/Sweetcorn ✓

Oriental Vegetable & Quorn
Pieces (2,5,4) ✓
Noodles (2,4)

Veggie Toad in
the Hole (2,4,7) ✓
Cabbage, Carrots and Potatoes

Mixed Bean & Vegetable Mexican
Chilli Taco's (2)
Rice and Sweetcorn ✓

Spicy Bean Burger (4,7)
Chips and Peas ✓

FUSION

£1.90

Tomato & Herb Pasta (2) ✓
Sweet Chilli Chicken Noodle Pot
(2,4,12)

Tomato & Herb Pasta (2) ✓
Piri Piri Chicken Rice Pot (2)

Tomato & Herb Pasta (2) ✓
Chilli Beef Pasta Pot (2,)

Tomato & Herb Pasta (2) ✓
Chicken Korma Rice Pot (2,7)

Tomato & Herb Pasta (2) ✓
Cheesy Pasta Pot (2,7,9)

STREET

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DELI 2GO

Assorted Freshly Made Baguettes,
Wraps & Sandwiches
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Assorted Freshly Made
Baguettes,
Wraps & Sandwiches
(see packaging for allergens)

THE PUD

£0.65

Ice Cream Pot (2,4,7)

Mixed Fruit Crumble & Custard
(2,4,7)

Chocolate Sponge with Chocolate
Sauce (2,4,7)

Coco Crunch (2,4,7)

Flapjack Friday (2,4,7)

Fruit Mousse (7), Fresh Fruit,
Grape Pots Or Jelly

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Grape Pots Or Jelly

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WEEK 6

CLASSIC FAVOURITES MONDAY

Eastern TUESDAY

Great British WEDNESDAY

All American THURSDAY

FISH CHIP FRIDAY

MAIN £1.90

Pork Sausages & Mash (2,7,9) Gravy, Beans or Veg	Chicken Curry (2,4,5,7) Wholegrain Rice & Naan Bread	Roast Turkey Mixed Vegetables, Roast Potatoes, Stuffing (7) 'n' Gravy	Chicken Enchilada's (2,4,7) Southern Style Rice & Sweetcorn	Oven Baked Battered Fish (2,4,5,7) Chips and Baked Beans/Peas
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MEAL DEAL £2.36 - MAIN OR VEGGIE WITH PUD & 50p DRINK + FREE SALAD

VEGGIE £1.90

Linda McCartney Veggie Sausage (2,13) Mashed Potato (7) and Veg or Baked Beans ✓	Vegetable Curry (2,4,5,7) Wholegrain Rice & Naan Bread ✓	Cauliflower & Leek Cheese (2,7) Roast Potatoes ✓	Linda McCartney Mince (2,4,7,13) Enchilada Rice & Nachos (2) ✓	Vegetable Quarter Pounder in a bap (2) ✓ Chips and Salad
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FUSION £1.90

Tomato & Herb Pasta (2) ✓ Cheesy Pasta Pot (2,7)	Tomato & Herb Pasta (2) ✓ Chilli Beef Rice Pot (2)	Tomato & Herb Pasta (2) ✓ Beef Bolognese Pasta Pot (2)	Tomato & Herb Pasta (2) ✓ Spicy Sausage Pasta Pot (2,13)	Tomato & Herb Pasta (2) ✓ Chicken Meatball Pasta Pot (2)
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STREET

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DELI 2GO

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THE PUD £0.65

Ice Cream Pot (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Spotted Dick & Custard (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Jam Sponge & Custard (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Hot Chocolate Brownie (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Mixed Fruit Muffin (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly
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