











**IN SPICY CRUNCH DELI SWMS ENERGETIC CULTURE EXCITING NUTRITIOUS DELICIOUS FUN**  
**WEEK ONE TANGY LUNCH SOCIAL**

FUN BREAKFAST  
 BHTAKFAST  
 STY FRESH  
 FUN  
 MUNCH

<b>MONDAY</b>	<b>DEEP SOUTH DINER</b> <b>Choose a main:</b> New Yorker Quorn Dog ✓ <b>OR</b> Black Eyed Bean Veggie Burger ✓ Cajun Wedges Chop Chop Salad	
<b>TUESDAY</b>	<b>WINGS &amp; THINGS</b> <b>Choose a main:</b> Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco <b>OR</b> Smokey Cauliflower Cheese ✓ Garlic Bread BBQ Beans	
<b>WEDNESDAY</b>	<b>DEEP SOUTH DINER</b> <b>Choose a main:</b> Ultimate Cheese Burger <b>OR</b> Sweet Potato & Squash Stew ✓ Paprika Wedges Peas	
<b>THURSDAY</b>	<b>WINGS &amp; THINGS</b> <b>Choose a main:</b> Cornish Steak Pasty <b>OR</b> Cheese & Onion Pasty ✓ Baked Beans Caesar Salad	
<b>FRIDAY</b>	<b>DEEP SOUTH DINER</b> <b>Choose a main:</b> Cajun Pulled Pork & Bean Pitta <b>OR</b> Veggie Quarter Pounder ✓ Chips Pineapple Coleslaw	

<b>CARIBBEAN</b> Jerk Beef Wrap Carnival Salad Sweetcorn	
<b>CHINESE</b> Aromatic Soy Pork with Egg Noodles Wok Tossed Oriental Vegetables	
<b>MEDITERRANEAN</b> Chicken, Pea and Leek Pasta Bake Corn on the Cob	
<b>INDIAN</b> Beef Keema Balti Curry Cucumber Raita Naan Bread	
<b>BRITISH</b> Home-made Battered Fish Fillet Chips Peas	

<b>SPEEDY ITALIAN</b> Veggie Supreme Pizza ✓ Bolognaise, Chicken & Herb or Tomato ✓ Pasta Margherita Pizza ✓	
<b>SPEEDY ITALIAN</b> Bacon Pizza Bolognaise, Chicken & Herb or Tomato ✓ Pasta Margherita Pizza ✓	
<b>SPEEDY ITALIAN</b> Hawaiian Pizza Bolognaise, Chicken & Herb or Tomato ✓ Pasta Margherita Pizza ✓	
<b>SPEEDY ITALIAN</b> 3 Cheese Sicilian Pizza ✓ Bolognaise, Chicken & Herb or Tomato ✓ Pasta Margherita Pizza ✓	
<b>SPEEDY ITALIAN</b> Veggie Hot One Pizza ✓ Bolognaise, Chicken & Herb or Tomato ✓ Pasta Margherita Pizza ✓	

**WE SERVE** a selection of delicious **baguettes, paninis, toasties and sandwiches** and **NEW exciting salad pots** every day.  
 Fruit, Yoghurt & Granola Pots are Available to Enjoy Daily.

Look out for **MUNCH** - our mid-morning break offer available for you to enjoy Monday-Friday




 from






  
**Chartwells**  
 EAT LEARN LIVE






FUN  
 BHTAKFAST  
 STY FRESH  
 FUN  
 MUNCH  
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**IN SPICY CRUNCH DELI SWMS ENERGY EXCITING NUTRITIOUS DELICIOUS FUN**  
**WEEK TWO TANGY LUNCH SOCIAL**

YOUR FAVORITES  
 BREAKFAST  
 FRESH  
 FUN  
 BALANCED  
 SNAKES

<b>MONDAY</b>	<b>WINGS &amp; THINGS</b> <b>Choose a main:</b> Chicken Mayo Burger <b>OR</b> Halloumi & Roasted Vegetable Wrap ✓ Paprika Wedges American Style Slaw	
<b>TUESDAY</b>	<b>DEEP SOUTH DINER</b> <b>Choose a main:</b> Cajun Chicken with Salsa <b>OR</b> Boston Bean Casserole ✓ Wholegrain Rice Red Slaw	
<b>WEDNESDAY</b>	<b>DEEP SOUTH DINER</b> <b>Choose a main:</b> Beef Burger <b>OR</b> Sweet Potato & Black Bean Enchilada ✓ Baked Garlic & Herb Wedges BBQ Beans	
<b>THURSDAY</b>	<b>DEEP SOUTH DINER</b> <b>Choose a main:</b> Ultimate Cheeseburger <b>OR</b> BBQ Quorn & Vegetable Skewer ✓ Garlic Bread Corn on the Cob	
<b>FRIDAY</b>	<b>DEEP SOUTH DINER</b> <b>Choose a main:</b> Special Marinated Roast Chicken Drumsticks with BBQ or Sticky Tabasco <b>OR</b> Quorn Sausage Pattie & Cheese Bun ✓ Chips Apple Slaw	

<b>CHINESE</b> Chicken Hakka Noodles Broccoli	
<b>MEXICAN</b> Baked Beef Chimichangas Cajun Wedges Streetcorn Salad	
<b>BRITISH</b> Roast Pork Roast Potatoes Seasonal Cabbage	
<b>JAPANESE</b> Chicken Katsu Curry Pineapple Rice Pickled Cucumber Salad	
<b>MEDITERRANEAN</b> Mackerel Nicoise Salad Garlic Bread	

<b>SPEEDY ITALIAN</b> Veggie Hot One Pizza ✓ Bolognaise, Chicken & Herb or Tomato ✓ Pasta Margherita Pizza ✓	
<b>SPEEDY ITALIAN</b> Chicken Supreme Pizza Bolognaise, Chicken & Herb or Tomato ✓ Pasta Margherita Pizza ✓	
<b>SPEEDY ITALIAN</b> Veggie Supreme Pizza ✓ Bolognaise, Chicken & Herb or Tomato ✓ Pasta Margherita Pizza ✓	
<b>SPEEDY ITALIAN</b> Bacon Pizza Bolognaise, Chicken & Herb or Tomato ✓ Pasta Margherita Pizza ✓	
<b>SPEEDY ITALIAN</b> Sicilian Cheese & Tomato Pizza ✓ Bolognaise, Chicken & Herb or Tomato ✓ Pasta Margherita Pizza ✓	

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IN SPICY CRUNCH DELI SW MS ENERGS CRUNCH EXCITING NUTRITIOUS DELICIOUS FUNS TANGY NORTH LUNCH SOCIAL

IGNITING BREAKFAST FRESH FUN

AMBRILLIA BALANCED FRESHNESS

MONDAY

DEEP SOUTH DINER

Choose a main: Beef Chilli OR Black Eyed Bean & Vegetable  
Jambalaya ✓  
Garlic Bread  
Southern Greens



TUESDAY

WINGS & THINGS

Choose a main: Roast Chicken Drumsticks Brushed with BBQ or Sticky  
Tabasco OR Sweet Potato Bean Burger ✓  
Carnival Rice  
Corn Slaw



WEDNESDAY

DEEP SOUTH DINER

Choose a main: Quorn Cheese Burger ✓ OR Loaded Triple Mac 'N'  
Cheese ✓  
Baked Garlic & Herb Wedges  
BBQ Beans



THURSDAY

WINGS & THINGS

Choose a main: Cornish Steak Pasty OR Cornish Cheese & Onion Pasty  
✓  
Paprika Wedges  
Chop Chop Salad



FRIDAY

DEEP SOUTH DINER

Choose a main: New York Hot Dog OR Cajun Veg & Bean Burrito ✓  
Chips  
House Slaw



MEXICAN

Chicken Molay  
Mexican Yellow Rice  
Green Beans



INDIAN

Tikka Masala Pulled Pork Flatbread  
Beggars Noodles



MEDITERRANEAN

Beef Stifado  
Summer Cous Cous  
Lemon & Herb Courgette



THAI

Chicken Pad Khing  
Broccoli



BRITISH

Home-made Battered Fish Fillet  
Chips  
Baked Beans



SPEEDY ITALIAN

Veggie Hot One Pizza ✓  
Bolognese, Chicken & Herb or Tomato ✓  
Pasta  
Margherita Pizza ✓



SPEEDY ITALIAN

3 Cheese Sicilian Pizza ✓  
Bolognese, Chicken & Herb or Tomato ✓  
Pasta  
Margherita Pizza ✓



SPEEDY ITALIAN

Mushroom & Sweetcorn Pizza ✓  
Bolognese, Chicken & Herb or Tomato ✓  
Pasta  
Margherita Pizza ✓



SPEEDY ITALIAN

Sicilian Cheese and Tomato Pizza  
Bolognese, Chicken & Herb or Tomato ✓  
Pasta  
Margherita Pizza ✓



SPEEDY ITALIAN

Cajun Chicken Sizzler Pizza  
Bolognese, Chicken & Herb or Tomato ✓  
Pasta  
Margherita Pizza ✓



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The Speedy Italian from

Chartwells EAT LEARN LIVE