

Reach  
your

# FULL PGL POTENTIAL



with our delicious menu

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

### BREAKFAST

Weetabix  
Coco Pops  
Rice Krispies  
Cornflakes  
Frosties  
Selection of Yoghurts  
& Fruit Compotes

Weetabix  
Coco Pops  
Rice Krispies  
Cornflakes  
Cheerios  
Selection of Yoghurts  
& Fruit Compotes

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Rice Krispies  
Cornflakes  
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Also available every day : Croissants | Pain au Chocolat | Pain aux Raisin | White / Brown Toast & Jam

### Nuggets

Choices:  
Chicken Nuggets  
Vegetable Nuggets (ve)  
Sides:  
Baked Beans  
Potato Wedges

### Cold Sandwiches

Choices:  
Ham  
Cheese (v)  
Vegan Cheese (ve)  
Salami  
Tuna Mayo  
Sides:  
Crisps  
Tomato Soup (v)

### Fish Fingers/ Sausage Rolls

Choices:  
Fish Fingers  
Plant-based  
Sausage Rolls (ve)  
Sides:  
Peas  
Curly Fries

### Cold Sandwiches

Choices:  
Ham  
Cheese (v)  
Vegan Cheese (ve)  
Salami  
Egg Mayo  
Sides:  
Crisps  
Tomato Soup (v)

### Burgers

Choices:  
Beef Burger  
Plant-based Burger (ve)  
Sides:  
Fries

### Hot Dogs

Choices:  
Pork Hot Dog  
Plant-based Hot Dog (ve)  
Sides:  
Potato Wedges

### Cold Sandwiches

Choices:  
Ham  
Cheese (v)  
Vegan Cheese (ve)  
Salami  
Chicken Mayo  
Sides:  
Crisps  
Tomato Soup (v)

Chicken Kiev  
Sausages with Gravy  
Plant-based  
Chicken Schnitzel (ve)

Sides:  
Mashed Potato,  
Sweetcorn, Green Beans

Chocolate Muffins (v)

Chicken in BBQ Sauce  
Pasta Bolognese  
Butternut Squash  
Wellington (ve)

Sides:  
New Potato, Peas,  
Carrots

Doughnuts (v)

Chargrilled  
Chicken Breast  
Tuna Pasta Bake  
Plant-based  
Fish Fingers (ve)

Sides:  
Curly Fries, Country Veg,  
Cauliflower

Millionaires Slice (v)

Pork Meatballs in  
Tomato Sauce  
Katsu Curry  
Vegetable Curry (v)

Sides:  
Spaghetti, Rice,  
Green Beans, Carrots

Chocolate Brownies (v)

Fish & Chips  
Chicken Curry  
Plant-based  
Fishless Fillet (ve)

Sides:  
Skinny Fries, Rice,  
Peas, Carrots

Eclairs (v)

Sweet Chilli  
Chicken Chunks  
Fish Cakes  
Plant-based  
Sausage Rolls (ve)

Sides:  
Mashed Potato,  
Country Veg,  
Corn on the Cob

Fruit Muffins (v)

Pepperoni Pizza  
Margherita Pizza (v)  
Plant-based  
Margherita Pizza (ve)

Sides:  
Potato Wedges,  
Peas, Carrots

Waffles (v)

## 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.

Some of our dishes contain ingredients that are produced in a factory which handles nuts - please ask us for more information.