# The Meek I:

### 06/09, 20/09, 04/10, 18/10 **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** Fish & Chip Shop **Sizzling Sausages** Masala Days **Best of British** Turkey Gyros with Pork Sausages (Su,G) Chicken Tikka Masala Roast chicken & gravy Battered Fish Fillet yoghurt and mint, Halal Chicken (G) Roast lentil loaf (G,F) pitta bread & crunchy Sausages (Su,G) Homemade giant (G.So.Mu.Ce) Cheese and Onion £1.80 Mediterranean salad Veggie Sausages vegetable samosas Pattie (G,So,Se,Mk,E) Accent sage and (G,Mk) (Su,So,Mu) (G,Mu) cranberry stuffing Oven baked chips Hot dog buns (G,Se) Pilau rice (Mk) (G,Mk,E) Mushy peas Cajun grilled Halloumi Slow cooked onions Baked beans Naan bread (G,Mk) Roast potatoes burger coleslaw and **BBQ** beans Mango chutney Roasted carrot batons **Buttered rolls** baked Cajun wedges (Su,So,G,Ce) Onion salad Cabbage wedges (G,Se,Mk) (G,Se,Mu,Mk,E) Creamy Mash (Mk) Mint and voghurt sauce Bloomer Sand. (G,Mk) Chunky tartare sauce Cajun seasoned (Mk) Crusty baguette (Su,So,Mk,E) potato wedges (Mu) (G,Se,Mk) Ketchup £0.90 Apple and mixed berry Chocolate brownie Lemon and poppy seed Banana crumble with ice Sticky toffee pudding sponge pudding with sponge with custard tea bread chocolate sauce cream (G,Su,Mk,E) (G,Mk,E) (G,Mk,E) (G,Mk) (G,Mk,E) Tuna and red onion Hawaiian ham and Pepperoni Signature Mexican chicken and Belgian frites with pineapple signature From £1.70 panini with pizza with coleslaw salsa loaded jacket seasoned wedges chicken curry pizza with chips (G,Mk,E) (Mu,E) (G,Mk,F,E) (G,Mk) Baked beans Sticky rice with Thai Ham and cheese panini Penne bolognaise pasta and cheddar with cheesy garlic bread green curry with seasoned wedges loaded jacket (G,So,Mk) (G,So) (G,Mk) (Su,So,Mk,Ce)

# MEAL DEAL SAVERS!

## **Meal Deal**

Buy a **Main Meal** with a Dessert for only £2.27

### THEME **DAYS**

(Save 43p)

8<sup>TH</sup> SEPT **AMERICAN DAY** 

> 6TH OCT **GERMAN DAY**

5<sup>TH</sup> NOV **BONFIRE NIGHT** 

1ST - 16TH DEC 12 DAYS OF CHRISTMAS

Ce = Celeru Cr = CrustaceanE = Eqqs

F = FishG = Cerealscontaining Gluten L = LupinMk = MilkMo = Molluscs Mu = MustardN = NutsP = Peanuts

Se = Sesame Seeds So = SouaSu = Sulphur Dioxide well

Look out for exciting new recipes to try from our ingredient of the month!

## Component Neek 2: 13/09, 27/09, 11/10

### **MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY** All about Chilli **Beautiful Burgers Asian Station** Fish & Chip Shop Turkey meatballs Chilli con carne (Mu) Classic Beef Burger Beef Keema curry **Battered Fish Fillet** with pasta and spicy sour cream (Mk) Sesame Seed Bun (G,F) with peas tomato sauce Sloppy Joe Veggie dog (G,Se) Veggie Keema Pattie Vegetable stir fry £1.80 (G) (G,Su,So,Se,Mu,Mk) Halal Beef Burger (G,So,Mu,E) Noodles with sweet and Chipotle potato Sesame Seed Bun Oven baked chips sour sauce (G,E) Macaroni cheese wedges (G,Se,Mu) Mushy peas Steamed rice with a crunchy topping Red bean and Mayonnaise (E), Baked beans Prawn crackers (Su,Cr) (G,So,Se,Mk) Shredded iceberg chilli jam salad **Buttered rolls** Asian crunchy Salad (F) Fried onions (G,Mk) (G,Se,Mk) and ketchup Chunky tartare sauce Oven chips (Su,So,Mk,E) Sliced cheese (Mk) Ketchup £0.90 Pineapple upside down Apple crumble Jam roly poly Key lime pie Lemon blondie cake with custard and custard and custard (G,Mk) (G,Mk,E) (G,Su,Mk,E) (G,Mk) (G,Mk) BBQ pulled pork Roasted vegetable Chilli con carne Belgian loaded frites Meat feast signature From £1.70 signature pizza mozzarella panini with and sour cream with cheese sauce and pizza with chips with coleslaw seasoned wedges crispy bacon bits loaded jacket (G,So,Mk) (G,Mu,Mk) (G,Su,Mk,E) (G,Mk) (Mu,Mk) Chinese chip shop Tuscan meatballs Baked sausage ragu Sticky rice with nutless Pepperoni panini with chicken curry loaded penne pasta penne pasta with satay chicken seasoned wedges loaded jacket with garlic bread garlic bread (G,So,Se) (G,Mk) (So,Mu,G) (G,So,Mk) (G,Su,So,Mk) well Look out for exciting

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