

Week Commencing; 25/08/2025 15/09/2025 06/10/2025 27/10/2025

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

MONDAY

Lemon & Herb Piri Piri Chicken with Spicy Rice

TUESDAY

Mexican Style Beef Lasagne, Garden Salad & Homemade Garlic Bread

WEDNESDAY

Chicken Tikka Masala with Pilau Rice & Coriander Salad

THURSDAY

Honey Glazed Roast Gammon or Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

FRIDAY

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce

VEGETARIAN MAIN MEALS

MONDAY

Piri Piri Quorn, Macho Peas and Spicy Rice (VE)

TUESDAY

Vegetable & Mixed Bean Lasagne, Garden Salad & Homemade Garlic Bread (V)

WEDNESDAY

Crunchy Topped Macaroni Cheese, House Salad or Seasonal Vegetable (V)

THURSDAY

Roasted Squash & Feta Pie, Seasonal Vegetables or Salad (V)

FRIDAY

BBQ Bean Burger with Garden Peas & Chips (VE)

DESSERTS

MONDAY

Spiced Pineapple Cake with Vanilla Sauce

TUESDAY

Apple Strudel & Custard

WEDNESDAY

Chocolate Sponge & Chocolate Sauce

THURSDAY

Cookie Dough Fruit Crumble

FRIDAY

Fruit, Jelly & Yoghurt Pots

Fruit and Jelly Pots Available Daily

HOMEMADE SOUP & FRESHLY BAKED BREAD
Available Daily

JACKET POTATOES
Topped with a Choice of: Cheese, Tuna or Beans Available Daily



**MADE
YOUR
WAY!**

**CHOOSE IT!
ADD IT!
TOP IT!**

Switch up your flavours with our street food-inspired range, available **Tuesday to Thursday**.
With weekly rotating choices, there's always something tasty.

Choose a base, add protein, and top it your way!

Visit the restaurant to check out what's on offer each week

NATURally

MONDAY

Pakistani Tarka Dhal (VE)

TUESDAY

Vegan Singapore Noodles (VE)

WEDNESDAY

Vegan Ramen Bowl (VE)

THURSDAY

The Big Plant Burger (VE)

FRIDAY

Garlic & Chilli Noodles (VE)

TRATTORIA



MONDAY

Tomato & Basil Pasta

TUESDAY

Pasta in a Cheese Sauce

WEDNESDAY

Margherita or Pepperoni Pizza

THURSDAY

Creamy Pesto Pasta

FRIDAY

Margherita Pizza

Week Commencing; 01/09/2025 22/09/2025 13/10/2025 03/11/2025

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

MONDAY

Traditional Sausage & Mash with
Onion Gravy

TUESDAY

Chicken & Tomato Pasta Bake
Served with House salad

WEDNESDAY

Sweet & Sour Chicken with Fried Rice

THURSDAY

Hand Carved Roast British Turkey,
Crisp Roasties, Seasonal Vegetables,
& House Gravy

FRIDAY

Chip Shop "Fryday" Fish, Pizza or
Fishcake & Chips with Peas & Tartare
Sauce

VEGETARIAN MAIN MEALS

MONDAY

Vegan Sausage & Bean Casserole
(VE)

TUESDAY

No Waste Cauliflower Cheese Pasta Bake
(V)

WEDNESDAY

Chinese Vegetable Stir-Fry (VE)

THURSDAY

Cheese, Leek and Potato Pie (V)

FRIDAY

Vegan Quorn & Ranch Slaw Burger Served
with Chips & Peas (VE)

DESSERTS

MONDAY

Dutch Apple
Cake

TUESDAY

Warm Blueberry
Sponge

WEDNESDAY

Apple & Mixed
Berry Crumble
with Vanilla
Sauce

THURSDAY

Banana Pudding
with Custard

FRIDAY

Fruit, Jelly &
yoghurt Pots

Fruit and Jelly Pots Available Daily

**HOMEMADE SOUP &
FRESHLY BAKED BREAD
Available Daily**

**JACKET POTATOES
Topped with a Choice of: Cheese,
Tuna or Beans Available Daily**



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YOUR
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NATURally

MONDAY

Buffalo
Cauliflower Wings
with Salt &
Pepper Wedges
(VE)

TUESDAY

Vegan Singapore
Noodles
(VE)

WEDNESDAY

Singapore Fried
Rice
(VE)

THURSDAY

The Big Plant
Burger
(VE)

FRIDAY

Garlic & Chilli
Noodles
(VE)

TRATTORIA



MONDAY

Tomato & Basil
Pasta

TUESDAY

Pasta in Cheese
Sauce

WEDNESDAY

Margherita or
Pepperoni Pizza

THURSDAY

Creamy Pesto
Pasta

FRIDAY

Margherita Pizza

Week Commencing; 08/09/2025 29/09/2025 20/10/2025

CLASSIC HOT & HEARTY**CLASSIC MAIN MEALS****MONDAY**

Kung Pao Chicken, Wholegrain & White Egg Fried Rice

TUESDAY

Mac n Cheese Bolognese Served with a House Salad

WEDNESDAY

Chicken Korma with Pilau Rice

THURSDAY

Roast Shoulder of Pork or Salt & Pepper Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

FRIDAY

Chip Shop "Fryday" Fish,, Pizza or Fishcake & Chips with Peas and Tartare Sauce

VEGETARIAN MAIN MEALS**MONDAY**

Asian Vegetable. Soya Bean & Noodle Stir Fry (VE)

TUESDAY

Plant Based Bolognese with Wholegrain Pasta & House Salad (VE)

WEDNESDAY

Cauliflower Bhaji Served with Pilau Rice & Minted Yoghurt (V)

THURSDAY

Smashed Butternut Squash Mac and Cheese with Slaw and Garden Salad (V)

FRIDAY

Chickpea, Carrot & Sesame Burger, Asian Slaw, Chips & Peas (V)

DESSERTS**MONDAY**

Chocolate & Banana Brownie

TUESDAY

Oaty Apple Crumble & Custard

WEDNESDAY

Sticky Lemon Sponge & Custard

THURSDAY

Baked Churros with Chocolate Sauce

FRIDAY

Fruit, Jelly & Yoghurt Pots

Fruit and Jelly Pots Available Daily**HOMEMADE SOUP & FRESHLY BAKED BREAD**
Available Daily**JACKET POTATOES**
Topped with a Choice of: Cheese, Tuna or Beans Available Daily**MADE
YOUR
WAY!****CHOOSE IT!
ADD IT!
TOP IT!**

Switch up your flavours with our street food-inspired range, available **Tuesday to Thursday**.
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NATURally**MONDAY**

Fork Friendly Falafel Kebab (V)

TUESDAY

Vegan Singapore Noodles (V)

WEDNESDAY

Spiced Paneer & Red Onion Naan (V)

THURSDAY

Onion Bhaji Skewer with Bombay Potatoes (VE)

FRIDAY

Garlic & Chilli Noodles (VE)

TRATTORIA**MONDAY**

Tomato & Basil Pasta

TUESDAY

Pasta in a Cheese Sauce

WEDNESDAY

Margherita or Pepperoni Pizza

THURSDAY

Creamy Pesto Pasta

FRIDAY

Margherita Pizza

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DAILY MEAL DEALS

Bringing You Great Value Every Day!

CHOOSE ONE
FROM



CHOOSE ONE
FROM

1

MAIN MEAL

Choose from our daily
changing main meals

2

12OZ PASTA POT

Daily changing sauces

3

JACKET POTATO

with 2 toppings

4

SUB ROLL

Made fresh on
site daily

DESSERT OF THE DAY

OR
PIECE OF FRUIT
OR
BOTTLE OF
PLAIN WATER

ALL
MEAL
DEALS

£2.60

OR

5

CHILL DEAL CHOOSE 4

1 Filled Roll, 1 Snack Pot 4oz,
1 Small Home Bake, 1 Drink

chill
deal

TARIFF SEPTEMBER 2025

Innovate IFG

DRINKS	PRICE	BREAKFAST	PRICE
Water 500ml	£1.15	Breakfast Roll	£1.55
Fruit Slush	£1.45	Mini Breakfast Baguette	£1.55
Capri Sun	£1.30	3 Piece Breakfast Pot	£2.20
Dalston Cans	£1.45	4 Piece Breakfast Pot	£2.40
Radnor 200ml Carton	£1.15	Toast with Butter or Jam	£0.35
Milk / Flavoured Carton	£1.15	Waffle with Topping	£1.70
HOMEBAKES		Pastries & Croissants	£1.70
Muffins	£1.35	Cereals + Milk (8oz)	£1.05
Small Cakes	£1.05	Porridge for Staff	£1.00
Cookies	£1.35	Porridge for Students	Free
Brownie	£1.35	Porridge Toppings	£0.50
HOT GRAB & GO		COLD GRAB & GO	
Bagel	£2.60	Chill Deal Roll	£1.15
Panini – Half/Whole	£1.55/£2.75	Deli Sub Roll/Sandwich	£2.30
Toastie - Whole	£2.30	Wrap	£2.75
Korean Crispy Chicken	£2.65	Naturally – Premium Salad	£3.00
Tandoori Chicken Naan	£3.00	Basic Baguette/Premium Baguette	£2.45/£2.75
Wrap/Twister	£2.75	Half Baguette	£1.55
Chicken Wings	£2.35	Cold Pasta Pot 16oz	£2.50
Shawarma	£2.75	Vegetable Bag	£0.75
Pizza Slice (Break Time)	£1.60	Protein Pots	£1.05
Falafel Kebab	£2.75	Salad Pots	£2.00
Hot Bowls	£2.65	Yoghurt/Jelly/Fruit Pots	£1.00
Hot Pasta Pot – Med/Lrg	£2.25/£2.50	Whole Fruit	£0.55
Jacket Potato – 1 Topping	£2.15		
ALL POWER BITES			
Range of 8oz Nutritious Rice & Noodle Dishes	£1.35		

VAT on hot food and beverages will be charged at the current rate for all staff members

TARIFF SEPTEMBER 2025

Innovate IFG

BREAKFAST	PRICE	HOMEBAKES	PRICE
Breakfast Roll	£1.55	Muffins	£1.35
Mini Breakfast Baguette	£1.55	Small Cakes	£1.05
3 Piece Breakfast Pot	£2.20	Cookies	£1.35
4 Piece Breakfast Pot	£2.40	Brownie	£1.35
Toast with Butter or Jam	£0.35	HOT GRAB & GO	
Waffle with Topping	£1.70	Bagel	£2.60
Pastries & Croissants	£1.70	Panini – Half/Whole	£1.55/£2.75
Cereals + Milk (8oz)	£1.05	Toastie - Whole	£2.30
Porridge for Staff	£1.00	Korean Crispy Chicken	£2.65
Porridge for Students	Free	Tandoori Chicken Naan	£3.00
Porridge Toppings	£0.50	Wrap/Twister	£2.75
COLD GRAB & GO		Chicken Wings	£2.35
Chill Deal Roll	£1.15	Shawarma	£2.75
Deli Sub Roll/Sandwich	£2.30	Pizza Slice (Break Time)	£1.60
Wrap	£2.75	Falafel Kebab	£2.75
Naturally – Premium Salad	£3.00	Hot Bowls	£2.65
Basic Baguette/Premium Baguette	£2.45/£2.75	Hot Pasta Pot – Med/Lrg	£2.25/£2.50
Half Baguette	£1.55	Jacket Potato – 1 Topping	£2.15
Cold Pasta Pot 16oz	£2.50	ALL POWER BITES	
Vegetable Bag	£0.75	Range of 8oz Nutritious Rice & Noodle Dishes	£1.35
Protein Pots	£1.05	SOUP	
Salad Pots	£2.00	Fresh Soup Available Daily	£1.85
Yoghurt/Jelly/Fruit Pots	£1.00		
Whole Fruit	£0.55		

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