

LUNCH MENU *Week One*

MAIN MEAL
£2.30

MAIN MEAL
AND DESSERT
£2.58

CONSCIOUS CUISINE MEATLESS MONDAY MAIN	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetarian Brunch: Vegetable Sausage, Hash Brown, Mushroom, Grilled Tomato or Baked Beans V / VE	Chicken, Sweet Potato and Chickpea Curry with Steamed Rice, Naan Bread and a selection of Sides	Devon Roast Beef with Roast Potatoes, Seasonal Vegetables and Gravy	Traditional Brunch: Devon Pork Sausage, Bacon, Hash Brown and Baked Beans	Battered Fish, Salmon Goujons or Devon Sausage with Chips, Beans, Peas or Curry Sauce
Roasted Cauliflower and Butternut Tikka with Steamed Rice and Naan Bread VE	Vegetable Hoisin Wrap with Hand Cut Wedges and Crunchy Slaw VE	Homity Pie with Roast Potatoes, Seasonal Vegetables and Gravy V	Roasted Vegetable Lasagne with Garlic Focaccia, Mixed Salad and Slaw V	Homemade Vegetable Sausage Roll with Chips, Beans, Peas or Curry Sauce V
Cheese, Beans or Tuna Mayo	Cheese or Beans	Cheese, Beans or Tuna Mayo	Cheese or Beans	Cheese, Beans or Tuna Mayo
Dartmoor Beef Bolognese or Macaroni Cheese	Tomato and Basil or Bacon Carbonara	Chorizo and Tomato or Roasted Vegetable and Pesto	Macaroni Cheese or Meatballs	Chicken Pesto Pasta or Tomato and Basil
Jerk Chicken and Lime or Roasted Vegetable and Hummus	Hoi Sin Duck and Crunchy Slaw or Falafel and Minted Yoghurt	Tandoori Chicken or Melted Mozzarella and Tomato	BBQ Pulled Pork and Slaw or Halloumi and Basil Pesto	Pulled Chimmichurri Beef or Smokey Bean Chilli and Mozzarella
Korean Rice Pot VE	Chicken Stir Fry Noodles	Sweet and Sour Vegetable Rice VE	Hoi Sin Chicken Noodles	Sweet Chilli Noodles VE
Banana Marble Cake	Chocolate Shortbread	Syrup Sponge and Custard	Apple Flapjack	Lemon Oaty Cookie

Main
ONE

Main
TWO

Jacket
POTATO

Pasta
FROM £1.90

Wraps
HOT
FROM £2.20

Pots
FUEL
FROM £1.50

Desserts

LUNCH MENU *Week Two*

MAIN MEAL
£2.30

MAIN MEAL
AND DESSERT
£2.58

CONSCIOUS CUISINE MEATLESS MONDAY MAIN	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main ONE Vegetable Chilli with Steamed Rice, Tortilla Chips and Guacamole VE	Beef Lasagne with Garlic Focaccia Bread and Crunchy Slaw	Toad in the Hole with Roast Potatoes, Seasonal Vegetables and Gravy	Chicken Shawarma with Vegetable Rice and Healthy Slaw	Battered Fish or Devon Sausage with Chips, Beans, Peas or Curry Sauce
Main TWO Cheese and Onion Tart with New Potatoes and Mixed Green Salad V	Mediterranean Vegetable Crumble with Hand cut Wedges and Roasted Broccoli VE	Broccoli and Cauliflower Gratin with Roast Potatoes, Seasonal Vegetables and Gravy V	Mushroom and Vegetable Biryani with Naan Bread and Mango Chutney VE	Falafel and Minted Yoghurt Pitta with Chips, Beans, Peas or Curry Sauce V
Jacket POTATO Cheese, Beans or Tuna Mayo	Cheese or Beans	Cheese, Beans or Tuna Mayo	Cheese or Beans	Cheese, Beans or Tuna Mayo
Pasta FROM £1.90 Dartmoor Beef Bolognese or Macaroni Cheese	Tomato and Basil or Bacon Carbonara	Chorizo and Tomato or Roasted Vegetable and Pesto	Macaroni Cheese or Meatballs	Chicken Pesto Pasta or Tomato and Basil
HOT Wraps FROM £2.20 Jerk Chicken and Lime or Roasted Vegetable and Hummus	Hoi Sin Duck and Crunchy Slaw or Falafel and Minted Yoghurt	Tandoori Chicken or Melted Mozzarella and Tomato	BBQ Pulled Pork and Slaw or Halloumi and Basil Pesto	Pulled Chimmichurri Beef or Smokey Bean Chilli and Mozzarella
FUEL Pots FROM £1.50 Korean Rice Pot VE	Chicken Stir Fry Noodles	Sweet and Sour Vegetable Rice VE	Hoi Sin Chicken Noodles	Sweet Chilli Noodles VE
Desserts Lemon Drizzle Cake	Chocolate Brownie	Strawberry Mousse	Carrot Cake	Pink Raspberry Flapjack

Main ONE

Main TWO

Jacket POTATO

Pasta
FROM £1.90

HOT Wraps
FROM £2.20

FUEL Pots
FROM £1.50

Desserts

LUNCH MENU *Week Three*

MAIN MEAL
£2.30

MAIN MEAL
AND DESSERT
£2.58

CONSCIOUS CUISINE MEATLESS MONDAY MAIN	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mediterranean Ratatouille with Steamed Rice and Homemade Focaccia Bread VE	Hunters Chicken with Baked Wedges and Roasted Vegetables	Roast Shoulder of Pork with Roast Potatoes, Seasonal Vegetables and Gravy	Spicy Chicken Fajita with 5 Bean Rice and Pineapple Salsa	Battered Fish or Devon Sausage with Chips, Beans, Peas or Curry Sauce
Creamy Mushroom and Leek Tagliatelle with Homemade Focaccia Bread, Peas and Sweetcorn V	Roasted Vegetable Fajita with Sweet Potato Wedges and Smoked Sweetcorn VE	Yorkshire Pudding Cottage Pie with Roast Potatoes, Seasonal Vegetables and Gravy V	Sweet and Sour Vegetables with Noodles and Broccoli VE	Cajun Bean Burger with Chips, Beans, Peas or Curry Sauce V
Cheese, Beans or Tuna Mayo	Cheese or Beans	Cheese, Beans or Tuna Mayo	Cheese or Beans	Cheese, Beans or Tuna Mayo
Dartmoor Beef Bolognese or Macaroni Cheese	Tomato and Basil or Bacon Carbonara	Chorizo and Tomato or Roasted Vegetable and Pesto	Macaroni Cheese or Meatballs	Chicken Pesto Pasta or Tomato and Basil
Jerk Chicken and Lime or Roasted Vegetable and Hummus	Hoi Sin Duck and Crunchy Slaw or Falafel and Minted Yoghurt	Tandoori Chicken or Melted Mozzarella and Tomato	BBQ Pulled Pork and Slaw or Halloumi and Basil Pesto	Pulled Chimmichurri Beef or Smokey Bean Chilli and Mozzarella
Korean Rice Pot VE	Chicken Stir Fry Noodles	Sweet and Sour Vegetable Rice VE	Hoi Sin Chicken Noodles	Sweet Chilli Noodles VE
Jam and Coconut Sponge	Chocolate Krispie Cake	Citrus Sponge	Apple Crumble and Custard	Blueberry Muffin

Main
ONE

Main
TWO

Jacket
POTATO

Pasta
FROM £1.90

Hot
Wraps
FROM £2.20

FUEL
Pots
FROM £1.50

Desserts