



EXPRESS LANE WEEK 1 MENU

WEEKS: 01/09, 22/09, 13/10, 10/11, 01/12, 05/01, 26/01, 23/02, 16/03

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



gastro
RICE POT

Chicken Tikka
Rice Pot
or
Vegan Curry
Rice Pot



Paprika Chicken thigh
Served With Baked
Homemade wedges &
Slaw



Chili Beef
& Rice Wrap
Or
Vegan Chilli
& Rice Wrap

gastro
NOODLE POT

Thai Green Chicken
Curry & Noodle Pot
Or
Thai Green Vegetable
Curry Noodle Pot

gastro
BUCKET

Loaded Bucket of
Chips with Delicious
Homemade Toppings
of Choice

HOT MARKET
SANDWICH

Ham & Cheese Bagel
Or
Roasted Vegetable &
Cheese Bagel

Pepperoni & Cheese
Panini
Or
Tomato, Red onion &
Cheese Panini

BBQ Pulled Pork
Sub Roll
Or
Roasted Pepper & Feta
Sub Roll

Hot Roasted Chicken &
Stuffing Baguette
Or
Vegan Quorn Sausage
& Stuffing Baguette

Fish Finger & Lemon
Mayo Sandwich
or
Fishless Fish Finger &
Lemon Mayo Sandwich



Selection of Delicious
Filled Breads,
Healthy Salads, Poke
Bowls and Pasta Pots

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Filled Breads,
Healthy Salads, Poke
Bowls and Pasta Pots

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Filled Breads,
Healthy Salads, Poke
Bowls and Pasta Pots



Homemade Cookies and
Cakes
Yogurt with Fruit Coulis
Fresh Fruit Pots and
Delicious Desserts

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EXPRESS LANE WEEK 2 MENU

WEEKS: 08/09, 29/09, 20/10, 17/11, 08/12, 12/01, 02/02, 02/03, 23/03

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Beef Chilli con Carne
Rice Pot
or
Vegan Chilli Rice
Pot



BBQ Chicken thigh
Served With Baked
Homemade wedges &
Slaw



All Day Breakfast
(Pork Sausage, Bacon,
Hash Brown & Baked
Beans)
Wrap



Sweet & Sour Chicken
Noodle Pot
Or
Sweet & Sour Vegetable
Noodle Pot



Loaded Bucket of
Chips with Delicious
Homemade Toppings
of Choice



Bacon & Egg
Muffin
Or
Vegetarian Sausage &
Cheese Muffin

Sweet Chilli Chicken &
Cheese Panini
Or
Roasted Vegetable &
Feta Panini

Marinated Meatball
Sub Roll
Or
Vegan Meatball
Sub Roll

Hot Roasted Pork &
Stuffing Baguette
Or
Vegan Quorn Sausage
& Stuffing Baguette

Fish Finger & Lemon
Mayo Sandwich
or
Fishless Fish Finger &
Lemon Mayo Sandwich



Selection of Delicious
Filled Breads,
Healthy Salads, Poke
Bowls and Pasta Pots

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Healthy Salads, Poke
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EXPRESS LANE WEEK 3 MENU

WEEKS: 15/09, 06/10, 03/11, 24/11, 15/12, 19/01, 09/02, 09/03

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



gastro
RICE POT

Chicken & Chorizo
Jambalaya
or
Roasted Red Pepper &
Chickpea Jambalaya



Lemon & Herb
Chicken thigh
Served With Baked
Homemade wedges &
Slaw



Crispy Breaded Chicken
& BBQ Sauce Wrap
Or
Crispy Breaded
Vegetable Nuggets &
BBQ Sauce Wrap

gastro
NOODLE POT

Chicken in Black Bean
Sauce Noodle Pot
Or
Stir Fried Vegetables
in Black Bean Sauce
Noodle Pot

gastro
BUCKET

Loaded Bucket of
Chips with Delicious
Homemade Toppings
of Choice

HOT MARKET
SANDWICH

Chicken & Sweetcorn
Pizza Baguette
Or
Margherita Pizza
Baguette

Ham & Cheese
Panini
Or
Baked Bean
& Cheese Panini

Chicken Italiano
Sub Roll
Or
Ratatouille Vegetable
Sub Roll

Hot Roasted Gammon
& Stuffing Baguette
Or
Vegan Quorn Sausage
& Stuffing Baguette

Fish Finger & Lemon
Mayo Sandwich
or
Fishless Fish Finger &
Lemon Mayo Sandwich



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