

GRAB N GO



WEEK 1

PASTA POPINA

GRAB N GO

MONDAY

**TOMATO & BASIL
PASTA
(G/W)**

**MEAL
DEAL**

**GARLIC
DOUGHBALLS
(G/W)
£1.50**

**HOT & KICKING
CHICKEN GOUJONS
WITH RICE & PEAS
(E*, MK*, MU*, SO*,
SU*, G/W)
£2.75**

TUESDAY

**CREAMY MUSHROOM &
PEA SPAGHETTI
(CE, E, MK, G/W)**

**JERK SPICED
TATER TOTS &
AIOLI
(E, MK, MU)
£1.70**

**MEATBALL SUB
(E*, MK*, SE*,
SO*, G/W)
£2.75**

WEDNESDAY

**MAC & CHEESE
(MK, G/W)**

**SELECTION
OF PIZZA
(MK, G/W)
£2.60**

**CHICKEN
PATTIES
(MU, SO, G/W)
£2.50**

THURSDAY

**CHERRY TOMATO &
SPINACH PASTA
(CE, G/W)**

**WEDGES WITH
GARLIC &
HERB DIP POT
(E, MK, MU)
£1.70**

**BBQ
CHICKEN
PANINI
(MK, G/W)
£2.75**

FRIDAY

**MEDITERRANEAN
VEGETABLE PASTA
(G/W)**

**CAJUN
TWISTER
FRIES
£1.70**

**HOT WINGS
& CHIPS
(G/W)
£2.60**

**MAIN OR PASTA POPINA +
DESSERT = MEAL DEAL**

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WEEK 2

PASTA POPINA

GRAB N GO

MONDAY

**TOMATO & BASIL
PASTA
(G/W)**

**MEAL
DEAL**

**LOADED
NACHOS
(MK, SO*)
£1.50**

**PEPPERONI
PANINI
(CE*, E*, MK, MU*,
SO*, G/W)
£2.75**

TUESDAY

**MEXICAN STREET CORN
PASTA BAKE
(MK, G/W)**

**CHILLI CHEESE
NUGGETS
(MK, G/W)
£1.70**

**CHICKEN BURGER
WITH SRIRACHA
MAYO
(E, SE*, G/W)
£2.50**

WEDNESDAY

**MAC & CHEESE
(MK, G/W)**

**PEPPERONI &
PESTO DOUGH
TWIST
(CE*, E*, MK, MU,
SO*, G/W)
£1.70**

**CHIPOTLE BEEF
BURRITO
(MK, MU*, SO*,
G/W)
£2.75**

THURSDAY

**MEDITERRANEAN
VEGETABLE PASTA
(G/W)**

**SELECTION OF
PIZZA
(MK, G/W)
£2.00**

**HOT SOUTHERN
FRIED BBQ
CHICKEN WRAP
(E, G/W)
£2.75**

FRIDAY

**THREE CHEESE PASTA
(MK, G/W)**

**TWISTER FRIES
WITH SPICY
MAYO DIP POT
(E, MK, MU)
£1.70**

**CHICKEN KATSU
CURRY LOADED
FRIES
(CE*, E*, MK*, MU,
SO*, SU*, G/W)
£2.60**

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WEEK 3

PASTA POPINA

GRAB N GO

MONDAY

MAC & CHEESE
(MK, G/W)

**MEAL
DEAL**

**CAJUN TATER
TOTS**
£1.50

**SWEET CHILLI
CHICKEN
WRAP**
(E, G/W)
£2.75

TUESDAY

CREAMY PUMPKIN PASTA
(CE, E, MK, G/W)

**JOLLOF RICE
POT WITH HOT
PEPPER
SAUCE**
£1.70

**SELECTION OF
PIZZA**
(MK, G/W)
£2.00

WEDNESDAY

**MEDITERRANEAN
VEGETABLE PASTA**
(G/W)

**GARLIC
DOUGHBALLS**
(G/W)
£1.50

**DOUBLE
CHEESEBURGER**
(MK, SE*, SO,
SU, G/W)
£2.60

THURSDAY

**ROASTED SQUASH &
PEA ALFREDO
SPAGHETTI**
(E, MK, G/W)

**½ PEPPERONI
PANINI**
(CE*, E*, MK, MU*,
SO*, G/W)
£1.50

**SELECTION OF
TOASTIES**
(CE*, E*, MK,
MU*, SO, G/W)
£2.50

FRIDAY

TOMATO & BASIL PASTA
(G/W)

**TWISTER FRIES
WITH BURGER
SAUCE DIP POT**
(E, MU)
£1.70

**HOT WINGS &
CHIPS**
(G/W)
£2.75

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DESSERT = MEAL DEAL**