




Sample Menu




Please see below our sample menu which is delivered at all our PGL centres. All menus are designed with health and nutrition in mind and based on a traditional British menu. All guests have unlimited access to the salad bar and fruit during meal times. Please be aware that menus are a sample only and are subject to change.

Reach your

FULL PGL POTENTIAL



with our freshly prepared menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 <p>BREAKFAST</p>	Sausages Plant-based sausages (v) Scrambled eggs Mushrooms Baked beans Tomatoes	Sausages Plant-based sausages (v) Hash brown Mushrooms Baked beans Tomatoes	Bacon Plant-based sausages (v) Scrambled eggs Mushrooms Baked beans Tomatoes	Sausages Plant-based sausages (v) Scrambled eggs Mushrooms Baked beans Tomatoes	Bacon Plant-based sausages (v) Hash brown Mushrooms Baked beans Tomatoes	Sausages Plant-based sausages (v) Scrambled eggs Mushrooms Baked beans Tomatoes	Bacon Plant-based sausages (v) Hash brown Mushrooms Baked beans Tomatoes
AVAILABLE EVERY DAY Choice of cooked & continental breakfast Continental options: Choice of cereals Porridge Assorted yoghurts White or brown toast & jam							
 <p>LUNCH</p>	Hot dog & wedges	Loaded jacket	Filled roll or wrap	Pasta & garlic bread	Burger, relish & skinny fries	Fajitas, tortilla chips & dips	Filled roll or wrap
AVAILABLE EVERY DAY Homemade soup of the day & roll Choice of meat, vegetarian or vegan option							
 <p>DINNER</p>	Mains Crispy chicken breast pieces with sweet & sour sauce Chickpea, lentil & coconut curry, naan (v) Vegetable Kiev (v) Sides Chips, rice, broccoli, carrots Dessert Doughnut	Mains Beef bolognese Piri Piri chicken Butternut squash & vegetable biryani (v) Sides Rosemary potatoes, pasta, green beans, roasted Mediterranean vegetables Dessert Raspberry ice cream cake	Mains Chicken & vegetable tikka & naan Fish fingers Feta & roasted vegetable lattice (V) Sides Chips, rice, peas, carrots Dessert Chocolate crispy cake	Mains Sausages & onion gravy Chicken & vegetable pie Quorn & vegetable chow mein (v) Sides Mashed potato, mixed vegetables Dessert Apple crumble & cream	Mains Battered fish fillet & tartare sauce Meatballs in tomato sauce Lentil bolognese (v) Sides Chips, spaghetti, peas, carrots Dessert Ice cream	Mains Meat pizza Margherita pizza (v) Chicken Kiev Vegetable & mushroom pilaf (v) Sides Cajun fries, green beans, broccoli Dessert Profiteroles & chocolate sauce	Mains Roast dinner, Yorkshire pudding & gravy Mac & cheese (v) Sides Roast potatoes, roasted root vegetables Dessert Waffles & strawberry sauce

Please note: this menu is subject to product availability and may change.

May 2021 AUK

Healthy Choices

Available daily

Fresh fruit - every mealtime

Unlimited salad from our salad bar - lunch & dinner



Unlimited Drinks

Coffee, tea, chilled squash

Dietary & Allergens

We can cater for a wide variety of food requirements when notified in advance, including allergies, intolerances, medical conditions, and those specified by culture and religion.

It may not always be possible to cater for more specific diets such as weight management programmes, organic etc.

