



TOWER OF PISA



NEW YORK



AFRICA
AFRICAN HUT



JAPAN

Week 11



THE HATCH



LONDON



PARIS



THAILAND



EGYPT

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Soup French Onion with Homemade Bread of the day</p>	<p>Soup Tomato with Homemade Bread of the day</p>	<p>Soup Roasted Red Pepper with Homemade Bread of the day</p>	<p>Soup Carrot & Coriander with Homemade Bread of the day</p>	<p>Soup</p>
<p>Urban Main Choice Chicken Rogan Josh</p> <p>(GF ,DF & HF available)</p>	<p>Urban Main Choice Beef Bolognaise</p> <p>(GF ,DF & HF available)</p>	<p>Urban Main Choice Cumberland Pork Sausage with Onion Gravy</p> <p>(GF ,DF & HF available)</p>	<p>Urban Main Choice Crispy Chicken Goujon</p> <p>(GF ,DF & HF available)</p>	<p>Urban Main Choice</p>
<p>Urban Vegan/Veggie Choice Chana Saag Aloo (chickpea, spinach & potato)</p> <p>(GF and DF available)</p>	<p>Urban Vegan/Veggie Choice Roasted Vegetable & Lentil Bolognaise</p> <p>(GF and DF available)</p>	<p>Urban Vegan/Veggie Choice Baked Plant Based Sausage</p> <p>(GF and DF available)</p>	<p>Urban Vegan/Veggie Choice Crispy BBQ Quorn Strips</p> <p>(GF and DF available)</p>	<p>Urban Vegan/Veggie Choice</p>
<p>Sides Basmati Rice Spiced Carrots & Peas</p>	<p>Sides Green Vegetable Medley & Sweetcorn</p>	<p>Sides Sauteed Cabbage Carrots Creamy Mashed Potato</p>	<p>Sides Chunk Chips Garden peas Baked Beans</p>	<p>Sides</p>
<p>Urban Grab and Go Grilled Mozzarella, Basil & Tomato Ciabatta</p>	<p>Urban Grab and Go Chilli Nacho Basket</p>	<p>Urban Grab and Go Beef Pastrami , Cheese & Mustard Melt</p>	<p>Urban Grab and Go Loaded Potato wedges</p>	<p>Urban Grab and Go</p>
<p>Dessert of the Day Jam & Coconut Sponge Cake Whole Fruit</p> <p>(Vegan, DF and GF available)</p>	<p>Dessert of the Day Iced Lemon Cake Whole Fruit</p> <p>(Vegan, DF and GF available)</p>	<p>Dessert of the Day Bread & Butter Pudding with cream Whole Fruit</p> <p>(Vegan, DF and GF available)</p>	<p>Dessert of the Day Jelly Fruit Yoghurt selection or a choice of Whole Fruit</p> <p>(Vegan, DF and GF available)</p>	<p>Dessert of the Day</p>