

WEEK ONE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat Main £1.65	Chilli Con Carne & Rice	Chicken Chow Mein & Noodles	Roast Pork with Apple Sauce , Roast Potatoes, Vegetables & Gravy	Chicken Curry & Rice	Fish & Chips or Chicken Goujons
Meat Free Main £1.65	Vegetarian Chilli & Rice	Vegetarian Stir Fry With Noodles	Tofu & Aubergine Thai Curry & Rice	Spinach & Tomato Tart	Non-Chicken Nuggets & Chips
Sweetness £1.20	Banana Bread & Custard	Apple Crumble & Custard	Lemon Drizzle Cake & Custard	Pear & Cocoa Sponge & Custard	Rhubarb Crumble & Custard
Concept £2.00	Mexico Chicken Taco Or Butternut Squash Taco	Mexico Chicken Taco Or Butternut Squash Taco	Mexico Chicken Taco Or Butternut Squash Taco	Mexico Chicken Taco Or Butternut Squash Taco	Mexico Chicken Taco Or Butternut Squash Taco
Bowl & Co From £1.75	Tomato & Basil Pasta	Mac N Cheese	Tomato & Basil Pasta	Mac N Cheese	Tomato & Basil Pasta

ALLERGIES

Please speak to a member of our team if you have an allergy, and need to know what's in our food dishes so we can advise on your available choices

AVAILABLE DAILY

Baked Potatoes with a range of toppings.

Freshly Made Baguettes, Sandwiches, Wraps and Salads.

MEAL DEALS £1.80

Meat or Meat Free Main & Cookie or Jelly

Simple Sandwich or Baguette, Cookie or Jelly & 500ml Water

MEAL DEALS £1.80

Jacket & 1 Filling, Cookie or Jelly & 500ml Water

Pasta & 1 Filling, Cookie or Jelly & 500ml Water

Cheese Pizza, Cookie or Jelly & 500ml Water

WEEK TWO MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat Main £1.65	Sausage & Mash	Lasagne & Garlic Bread	Roast Chicken, Roast Potatoes, Vegetables & Gravy	Cottage Pie	Fish & Chips or Chicken Goujon
Meat Free Main £1.65	Quorn Sausage & Mash	Mediterranean Vegetable Flatbread	Vegetable Lasagne	Root Vegetable Cous Cous	Southern Fried Quorn Fillet
Sweetness £1.20	Chocolate Orange Sponge & Custard	Fruit Cobbler & Custard	Sticky Toffee Pudding & Custard	Marmalade & Ginger Sponge & Custard	Banana Loaf & Custard
Concept £2.00	Sir Lankan Chicken Wrap or Sir Lankan Potato Spinach & Chickpea Wrap	Sir Lankan Chicken Wrap or Sir Lankan Potato Spinach & Chickpea Wrap	Sir Lankan Chicken Wrap or Sir Lankan Potato Spinach & Chickpea Wrap	Sir Lankan Chicken Wrap or Sir Lankan Potato Spinach & Chickpea Wrap	Sir Lankan Chicken Wrap or Sir Lankan Potato Spinach & Chickpea Wrap
Bowl & Co From £1.75	Tomato & Basil Pasta	Mac N Cheese	Tomato & Basil Pasta	Mac N Cheese	Tomato & Basil Pasta

ALLERGIES

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AVAILABLE DAILY

Baked Potatoes with a range of toppings.

Freshly Made Baguettes, Sandwiches, Wraps and Salads.

MEAL DEALS £1.80

Meat or Meat Free Main & Cookie or Jelly

Simple Sandwich or Baguette, Cookie or Jelly & 500ml Water

MEAL DEALS £1.80

Jacket & 1 Filling, Cookie or Jelly & 500ml Water

Pasta & 1 Filling, Cookie or Jelly & 500ml Water

Cheese Pizza, Cookie or Jelly & 500ml Water

WEEK THREE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat Main £1.65	Beef Burger, Wedges & Salad	Sausage & Mash	Roast Gammon, Roast Potatoes, Vegetables & Gravy	Chicken Curry & Rice	Fish & Chips or Chicken Goujon
Meat Free Main £1.65	Spiced Chickpea Burger, Wedges & Salad	Quorn Sausage & Mash	Root Vegetable & Chickpea Tagine	Vegetable Balti & Rice	Spinach & Tomato Tart with Salad
Sweetness £1.20	Pineapple Upside-Down Cake & Custard	Jamaican Ginger Cake & Custard	Apple Cinnamon & Date Crumble & Custard	Jam & Coconut Sponge & Custard	Coconut Rice Pudding
Concept £2.00	Mumbai Kitchen Chicken Tikka & Rice	Mumbai Kitchen Chicken Tikka & Rice	Mumbai Kitchen Chicken Tikka & Rice	Mumbai Kitchen Chicken Tikka & Rice	Mumbai Kitchen Chicken Tikka & Rice
Bowl & Co From £1.75	Tomato & Basil Pasta	Mac N Cheese	Tomato & Basil Pasta	Mac N Cheese	Tomato & Basil Pasta

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AVAILABLE DAILY

Baked Potatoes with a range of toppings.

Freshly Made Baguettes, Sandwiches, Wraps and Salads.

MEAL DEALS £1.80

Meat or Meat Free Main & Cookie or Jelly

Simple Sandwich or Baguette, Cookie or Jelly & 500ml Water

MEAL DEALS £1.80

Jacket & 1 Filling, Cookie or Jelly & 500ml Water

Pasta & 1 Filling, Cookie or Jelly & 500ml Water

Cheese Pizza, Cookie or Jelly & 500ml Water

MID MORNING BREAK

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Paninis £1.90	BBQ Chicken	Cheese & Red Onion	Tuna Melt	Cheese	Ham & Cheese
Toasties £1.45	Cheese	Ham & Cheese	Cheese & Tomato	Ham & Cheese	Cheese
Meat Pizza £1.45	Pepperoni Pizza Bagel	Pepperoni Slice	Pepperoni Pizza Bagel	Pepperoni Slice	Pepperoni Pizza Bagel
Cheese Pizza £1.35	Margherita Slice	Cheese & Tomato Pizza Bagel	Margherita	Cheese & Tomato Pizza Bagel	Margherita Slice
Bowl & Co From £1.75	Ramen with Egg Noodles & Chicken	Cheesy Pasta	Ramen with Egg Noodles & Tofu	Tomato & Basil Pasta	Ramen with Egg Noodles & Chicken

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AVAILABLE DAILY

Waffles, Pancakes & Pretzels
Freshly Made Baguettes, Sandwiches, Wraps and Salads.