

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Fajita Roast Veg Pasta Bake (G,D,Ce) Fish Fingers rice & peas (G)	Chick'n Nuggets sweet pot fries (G) Cottage Pie and sauté green veg (D,S,Ce)	Courgette & Roast Peppers Pasta (G,Ce) Chana Masala & yellow curry rice (Mu,Ce,S)	Kebab & Pitta bread and tzatziki dipping (Ce,D,S,Su,G) Pasta of The Day (G,D,Ce,S,Mu)	Classic Cheese Pizza & Chips (G,D,Ce) Burger & Chips (G,S)
	Light Meal	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Fresh salad bar, bread & fruits
	Dessert	Organic Fruit Yoghurt (D)	Strawberry Jelly	Chocolate cookies (G,S,Su)	Rice pudding & berries compote (D)	Selection of Ice Creams (D)
WEEK 2	Main Option	Gnocchi Al Forno (G,D) Hot Dog & Baby Potato's with pickle carrots and fennel (G,S,Su,Mu)	Arrabbiata pasta and cheese (G,D) Mediterranean Tarts & Roast Potato's Salad (G,Ce,Su)	Chick'n Biryani (S,Mu,Ce,) Pasta Of The Day (G,D,S,Ce,Mu)	Asian Asparagette (G,S,Su) Hungarian Goulash and mix herbs baguette (G,Ce,S)	Classic Cheese Pizza & Chips (G,D,Ce) Burger & chips (G,S)
	Light Meal	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Fresh salad bar, bread & fruits
	Dessert	Organic Fruit Yoghurt (D)	Dessert of The Day (G, D, S)	Delicacies Flapjack (G,D)	Rice Crispy (G, D, S)	Selection of Ice Creams (D)
WEEK 3	Main Option	Broccoli Mac & Cheese (Ce,G,D,Mu) Sausage Roll & Cajun Wedges (Ce,G,S)	Chick'n Parmigiana and pasta (G,Ce,D,S) Enchiladas & Salsa (G,D,Mu,Ce,Su)	Pasta of The day (G,D,S,Ce,Mu) Thai Red Curry & Rice (Ce,Mu,S)	Veg Chickpeas Casserole & Veg Couscous (G,S,Ce) Lemon Pasta, Chick'n & Greens (G,S,Su, D)	Classic Cheese Pizza & Chips (G,D,Ce) Burger & chips (G,S)
	Light Meal	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Fresh salad bar, bread & fruits
	Dessert	Organic Fruit Yoghurt (D)	Orange Jelly	Brownie (G,D,S,Su)	Fruit crumble & custard (G,D,Su)	Selection of Ice Creams (D)

Allergens:
(D) Dairy (G) Gluten (S) Soya (Mu) Mustard (Ce) Celery (Su) Sulphur

Please Note:

Salad bar, fresh breads & fruits are available every day; seasonal fruits and vegetables are used
 Week 1 commencing: 26 Feb, 18 Mar, 22 Apr, 13 May, 10 Jun, 01 Jul.
 Week 2 commencing: 04 Mar, 25 Mar, 29 Apr, 20 May, 17 Jun, 08 Jul.
 Week 3 commencing: 11 Mar, 15 Apr, 06 May, 03 Jun, 24 Jun, 15 Jul.

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Fajita Roast Veg Pasta Bake (S,Ce) Fresh salad bar, bread & fruits	Cottage Pie and sauté green veg (Ce,S) Fresh salad bar, bread & fruits	Courgette & Tom pasta (Ce) Fresh salad bar, bread & fruits	Pasta of The Day (S,Ce,Mu) Fresh salad bar, bread & fruits	Classic Cheese Pizza & Chips (Ce,S) Fresh salad bar, bread & fruits
	Light Meal	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Fresh salad bar, bread & fruits
	Dessert	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
WEEK 2	Main Option	Arrabbiata pasta (S,Ce) Fresh salad bar, bread & fruits	Pasta of The Day (S,Ce,Mu) Fresh salad bar, bread & fruits	Chick'n Biryani (S,Mu,Ce,) Fresh salad bar, bread & fruits	Hungarian Goulash and mix herbs baguette (Ce) Fresh salad bar, bread & fruits	Classic Cheese Pizza & Chips (Ce, S) Fresh salad bar, bread & fruits
	Light Meal	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Fresh salad bar, bread & fruits
	Dessert	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day
WEEK 3	Main Option	Broccoli Mac & Cheese (Mu,S) Fresh salad bar, bread & fruits	Thai Red Curry & rice (Ce,Mu) Fresh salad bar, bread & fruits	Pasta of The day (S,Ce,Mu) Fresh salad bar, bread & fruits	Veg Chickpeas Casserole and Rice (Ce) Fresh salad bar, bread & fruits	Classic Cheese Pizza & Chips (S,Ce) Fresh salad bar, bread & fruits
	Light Meal	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar, bread & fruits	Fresh salad bar, bread & fruits
	Dessert	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day	Dessert of the day

Allergens:
(D) Dairy (G) Gluten (S) Soya (Mu) Mustard (Ce) Celery (Su) Sulphur

Please Note:
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DELI COUNTER

HOT SECTION

Jacket Potato & Topping: £2.60

(One of the following option per day)

- Baked Beans & Cheese
- Bolognese & Cheese
- Coleslaw & Cheese
- Chili con beans & Cheese

Paninis & Ciabattas: £2.60

(One of the following option per day)

- Cheese, tomato and lettuce Ciabattas
- Mozzarella, tomato & pesto Ciabattas
- Vegetables & cheese Paninis
- Meatballs & cheese Paninis

The Hot Box: £2.60

(One of the following option per day)

- Pasta of the day
- Curry of the day
- Chef's Special

COLD SECTION – Grab & Go

Choice of Sandwiches: £2.60

(This is a selection across the week and not daily - 2 options available per day)

- Cream Cheese cucumber bagel
- Cheese & tomato sandwich
- Scrambled egg & w. cress sandwich
- Salmon & lemon mayo bloomer
- Tuna mayo bloomer
- Pacoras & yellow humus bagel
- Falafel & smk paprika humus bagel
- Cream Cheese tomato, avocado & pumpkin seeds bagel
- Burrito Wrap
- Chick'n Caesar Wrap
- Chick'n nuggets Wrap

The Salad Box: £2.70

(One of the following option per day)

- Falafel, Green tabouleh, Humus, Coleslaw
- Sticky Tofu, Fried rice
- Greens & Grains: Broccoli, Peas, Couscous & Brown rice

MEAL DEAL

1 Hot section item or 1 Sandwich + 1 Desert for £2.85

MID MORNING SELECTION

(This is a selection across the week and not daily)

Sweet Items: £1.20

- Plain Croissant (G)
- Raspberry Croissant (G)
- Blueberry Croissant (G)
- Pain au Chocolat (G,S,D)
- Belgian Waffle (G)
- Chocolate Doughnuts (G,D,S)
- Chocolate Cookies (G,D,S)
- Porridge (G,D)

Savoury Items: £1.20

- English Muffins Pizza (G,D)
- Crumpets (G,D)
- Sausage Roll (S,G)
- Cheese and Onion Pastry (G,D)

Allergens:

(D) Dairy (G) Gluten (S) Soja (Se) Sesame (Mu) Mustard (Ce) Celery (Su) Sulphur