

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Pasta al'arrabiata (G,D, Ce) Moong Dhal & Rice (Mu) Parmigiana (D,Ce) Green of the day	Puff pastry pizza (G,D,Ce) Thai Green Curry with rice (S) Bolognese Pasta(G,S,Ce) Green of the day	Hot Dogs & new potatoes (G,S) Kadhi & Vegetable rice (D) Mac & Cheese (G,D) Green of the day	Moussaka (D, Ce) Chana Masala & Rice Green pesto Pasta (G,D) Green of the day	Pizza & Chips (G,D, Ce) Stir-Fry Rice (S) Green of the day
	Light Meal	Jacket Potato & toppings Sandwich & paninis Grab & Go Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich & paninis Grab & Go Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich & paninis Grab & Go Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich & paninis Grab & Go Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich & paninis Grab & Go Fresh salad bar, bread & fruits
	Dessert	Fruit Yoghurt (D)	Chocolate cake (G)	Jelly	Coconut Flapjack (G)	Ice Cream (D)
WEEK 2	Main Option	Roasted Veg Pasta (G,D) Jhaganath Dhal & Rice (Mu) Potatoo and cauliflower gratin (G,D, Mu) Green of the day	Fajitas & Mexican rice (G,D) Veg Makhanwala with naan (G,D) Green pasta (G,S) Green of the day	Paneer Butter Masala & Naan (G,D) Jackfruit Hotpot Baked Gnocchi (G,D) Green of the day	Sheperd's Pie (D, S, Ce) Lemon Pasta (G,D) Dhal Makhani (D) Green of the day	Pizza & Chips (G,D, Ce) Biryani rice & Yoghurt (D) Green of the day
	Light Meal	Jacket Potato & toppings Sandwich & paninis Grab & Go Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich & paninis Grab & Go Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich & paninis Grab & Go Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich & paninis Grab & Go Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich & paninis Grab & Go Fresh salad bar, bread & fruits
	Dessert	Fruit Yoghurt (D)	Carrot cake (G)	Fruit Crumble & Custard (G,D)	Cookies (G)	Ice Cream (D)
WEEK 3	Main Option	Basil Pomodoro Pasta (G,D) Strudel & Gravy (G) Beetroot Dhal & Rice (Mu) Green of the day	Mornay penne pasta (G,D, Mu) Sausage & Mash with Gravy (G,D,S) Rajma with Rice Green of the day	Burger & Wedges (G,D) Spaghetti Meatless Pasta (G,S,Ce) Aloo Gobi with Naan (G,D) Green of the day	Mexican Rice Burrito (G,D) Palak Tofu (S) Green Pesto Pasta (G,D) Green of the day	Pizza & Chips (G,D, Ce) Masala Kitchari & yogurt (Mu,D) Green of the day
	Light Meal	Jacket Potato & toppings Sandwich & paninis Grab & Go Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich & paninis Grab & Go Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich & paninis Grab & Go Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich & paninis Grab & Go Fresh salad bar, bread & fruits	Jacket Potato & toppings Sandwich & paninis Grab & Go Fresh salad bar, bread & fruits
	Dessert	Fruit Yoghurt (D)	Lemon icing cake (G)	Vanilla Rice pudding (D)	Layered cake (G, D)	Ice cream (D)

Allergens

D - Dairy | G - Gluten | S - Soya | Mu - Mustard | Ce - Celery


Please Note:

- Salad bar, fresh breads & fruits are available every day; seasonal fruits and vegetables are used.
- Sandwiches and panini (Grab&Go) selections contains Gluten and Dairy.

Week 1: 20/02; 11/03; 16/04; 06/05; 03/06; 24/06; 15/07.

Week 2: 26/02; 18/03; 22/04; 13/05; 10/06; 01/07; 22/07.

Week 3: 04/03; 25/03; 29/04; 20/05; 17/06; 08/07.

DELI COUNTER		Extras
HOT SECTION	COLD SECTION Grab and Go	Salad pots £0.50
Jacket Potato & Topping: £2.60 <ul style="list-style-type: none"> ○ Baked beans ○ Bolognaise ○ Coleslaw ○ Chili con beans 	Selection of sandwiches: £2.50 <ul style="list-style-type: none"> ○ Cream Cheese cucumber sandwich ○ Cheese & Tomato baguette ○ Falafel wrap ○ Chili Paneer Wrap ○ Pakora & Chutney Wrap ○ Roasted Vegetables & Humus bagel ○ Cream Cheese & Cucumber bagel ○ Chickpea Tuna Bloomer 	<ul style="list-style-type: none"> ○ Crudites pots ○ Bean Salad ○ Flat rice Salad ○ Tabouleh Salad ○ Couscous Salad
Paninis & Burgers: £2.60 <ul style="list-style-type: none"> ○ Mozzarella, Cheese & pesto panini ○ Chili Paneer Panini ○ Burgers 		Dessert £0.75 <ul style="list-style-type: none"> ○ Fruit Yoghurt ○ Vanilla, Chocolate, Lemon Cake ○ Cookies ○ Dessert of the day
Hot box: £2.60 <ul style="list-style-type: none"> ○ Curry, Rice & Chutney ○ Mexican rice, Chorizo & Salsa Verde ○ Rice, Chili con beans & Sour cream 	Salad Box: £2.60 <ul style="list-style-type: none"> ○ Falafel, Green tabouleh, humus, coleslaw ○ Sticky tofu, rice & crudites ○ Greens & Grains – Broccoli, Green peas, Quinoa & Brown rice 	Drinks: <ul style="list-style-type: none"> ○ Still Water £0.5 ○ Sparkling Water £0.5 ○ Yazoo (Chocolate, Vanilla, <u>Strawberry</u>) £1.6 ○ Radnor Fizzy £1 ○ Innocent Juice £1.8 ○ Juice burst (Apple, Raspberry & Watermelon) £1.5
Meal Deals		
1 Hot section Item or a Sandwich + 1 Dessert + 1 Salad pot		£2.85

DELI COUNTER – MID MORNING

Mid-Morning selection: £1.25

- Croissant
- Samosa
- Spring Roll
- Belgian Waffle
- Kachoris
- Cheese Toasty
- Pancake
- Quesadillas
- Potato Waffle
- English Muffins
- Granola & Yoghurt
- Pakoras
- Nachos
- Potato Wedges
- Tacos
- Fruit pots
- Crudites & Dips
- Puri Bhaji
- Paratha
- Dabeli
- Aloo Matar Bun
- Chaat
- Bhel

Selection of sandwiches: £2.5

- Mumbai Sandwich
- Cream Cheese Bagel
- Cream Cheese & Cucumber Sandwich

Selection of tray bakes: £0.75

- Flapjack
- Cookies
- Brownie
- Cake of the day

Selection of drinks: from £0.5 to £1.8

- Water
- Yazoo Vanilla
- Yazoo Chocolate
- Yazoo Strawberry
- Innocent Juice Orange
- Innocent Apple & Mango
- Innocent Apple & Raspberry
- Radnor Fizz Juice Tropical
- Radnor Fizz Forest Fruit
- Radnor Fizz Peach
- Radnor Fizz Apple
- Lipton Iced Tea Peach
- Lipton Iced Tea Lemon