

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Sausage Roll & wedges (G, Ce, S) Courgette Pasta (G,Ce)	Chick'n Nuggets & Roast Veg (G,S) Quesadilla & Mexican Rice (G,D,Ce)	Meatballs & Spaghetti (G,S,Ce) Stew Pot Lentils (Ce, Su)	Lasagne (G,D,Ce,S) Vegetable Stir Fried Rice (S,Ce,Su)	Margarita Pizza & Chips (G,D,Ce) Burger & chips (G,S)
	Light Meal	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar
	Dessert	Organic Fruit Yoghurt (D)	Selection of Mousses (D)	Carrot Cake (G,D)	Delicacies Flapjack (G)	Selection of Ice Creams (D)
WEEK 2	Main Option	Mac & Cheese (G,D,Mu,Ce) Tofu Chana Masala & Rice (S,Mu,Ce)	Fish Fingers, Mash potatoes (G,D) Enchiladas & Salsa (G,D,Ce,Mu,Su)	Hot dog & chips (G,S,Su) Thai Red Curry & Couscous (Ce,G,Mu,S)	Kebab & Pita bread and yoghurt dipping (Ce,D,S,Su,G) Lemon Pasta, Chick'n & Greens (G, S, Su)	Margarita Pizza & Chips (G,D,Ce) Burger & chips (G,S)
	Light Meal	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar	Jacket Potato & toppings Grab & Go options (See menu) Fresh salad bar
	Dessert	Organic Fruit Yoghurt (D)	Selection of Jelly	Fruit crumble & custard (G,D,Su)	Brownie (G,D,S 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

Week 1 commencing: 2/9, 16/9, 30/9, 14/10, 11/11, 25/11, 9/12, 13/1, 27/1, 10/2

Week 2 commencing: 9/9, 23/9, 7/10, 4/11, 18/11, 2/12, 6/1, 20/1, 3/2

	Option	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Main Option	Courgette Pasta (Ce)	Quesadilla & Mexican Rice (S,Ce)	Meatballs & Pasta (S,Ce)	Vegetable Stir Fried Rice (S,Ce,Su)	Margarita Pizza & Chips (Ce, S)
	Light Meal	Jacket Potato & toppings Fresh salad bar	Jacket Potato & toppings Fresh salad bar	Jacket Potato & toppings Fresh salad bar	Jacket Potato & toppings Fresh salad bar	Jacket Potato & toppings Fresh salad bar
	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	Tofu Chana Masala & Rice (S,Mu,Ce)	Enchiladas & Salsa (Ce,Mu,Su,S)	Thai Red Curry & Rice (Ce,Mu,S)	Lemon Pasta, Chick'n & Greens (S, Su)	Margarita Pizza & Chips (Ce, S)
	Light Meal	Jacket Potato & toppings Fresh salad bar	Jacket Potato & toppings Fresh salad bar	Jacket Potato & toppings Fresh salad bar	Jacket Potato & toppings Fresh salad bar	Jacket Potato & toppings Fresh salad bar
	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:

Salad bar, fresh breads & fruits are available every day
 Week 1 commencing: 2/9, 16/9, 30/9, 14/10, 11/11, 25/11, 9/12, 13/1, 27/1, 10/2
 Week 2 commencing: 9/9, 23/9, 7/10, 4/11, 18/11, 2/12, 6/1, 20/1, 3/2

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 options per day)

- Cheese, Tomato & 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 tofu & w. cress sandwich
- Burrito Wrap
- Chick'n nuggets Wrap
- Cheddar cheese sandwich
- Pacoras & yellow humus bagel
- Falafel & smk paprika humus bagel

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: £1.25

- 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: £1.25

- English Muffins Pizza (G,D)
- Crumpets (G,D)
- Sausage Roll (S,G)
- Cheese and Onion Pastry (G,D) – 30 carbs

Allergens:

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