

WEEK ONE MENU

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|---|--|-----------------------------------|--|---|
| Meat Main £1.60 | Chicken Chow Mein | Chilli Con Carne & Rice | Roast Pork with Apple Sauce | Chicken Curry & Rice | Fish & Chips |
| Meat Free Main £1.60 | Vegetarian Chilli & Rice | Cantonese Stir Fry | Butternut Squash & Feta Taco | Quorn Toad in the Hole | Vegetable Balti & Rice |
| Sweetness £1.15 | Banana Bread & Custard | Apple Crumble & Custard | Lemon Drizzle Cake & Custard | Pear & Cocoa Sponge & Custard | Rhubarb Crumble & Custard |
| Concept £1.95 | Lemon & Herb Chicken Pitta with Piri Coleslaw | Chicken Flatbread Falafel & Tabouleh Mezze | Piri Piri Chicken Pitta with Slaw | Chicken Flatbread Falafel & Tabouleh Mezze | Lemon & Herb Chicken Pitta with Piri Coleslaw |
| Bowl & Co From £1.70 | Herby Tomato Pasta | Popcorn Chicken & Egg Fried Rice | Mac N Cheese | Chilli Beef or BBQ Plant Based Loaded Nachos | 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 DEAL

Meat or Meat Free Main & Cookie or Jelly Pot
£1.75

Simple Sandwich or Baguette, 500ml Water & Cookie or Jelly Pot
£1.95

WEEK TWO MENU

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|--|--|--|--|--|
| Meat Main £1.60 | Beef Burger & Wedges | Turkey Lasagne | Roast Gammon Dinner | Sweet Chilli Chicken Noodles | Fish & Chips |
| Meat Free Main £1.60 | Butternut Squash & Chick Pea Chana Masala with Rice | Spiced Chickpea Burger & Wedges | Root Vegetable & Chickpea Tagine with Cous Cous | Feta & Mediterranean Vegetable Flatbread | Spinach & Tomato Tart |
| Sweetness £1.15 | Chocolate Orange Sponge & Custard | Fruit Cobbler & Custard | Sticky Toffee Pudding & Custard | Marmalade & Ginger Sponge & Custard | Banana Loaf & Custard |
| Concept £1.95 | Sri Lankan Chicken Wrap Sri Lankan Potato, Spinach & Chick Pea Wrap | Fajita Chicken Shredded Taco Butternut Squash & Feta Taco | Sri Lankan Chicken Wrap Sri Lankan Potato, Spinach & Chick Pea Wrap | Fajita Chicken Shredded Taco Butternut Squash & Feta Taco | Sri Lankan Chicken Wrap Sri Lankan Potato, Spinach & Chick Pea Wrap |
| Bowl & Co From £1.70 | Tomato & Basil Pasta | Ramen with Egg Noodles & Chicken or Tofu | Mac N Cheese | Cheesy Bacon Loaded Nachos | 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 DEAL

Meat or Meat Free Main & Cookie or Jelly Pot
£1.75

Simple Sandwich or Baguette, 500ml Water & Cookie or Jelly Pot
£1.95

WEEK THREE MENU

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------------|---|--|---|--------------------------------------|---|
| Meat Main £1.60 | Toad In The Hole | Chicken Burrito | Pulled Roast Chicken & Stuffing | Cottage Pie | Fish & Chips |
| Meat Free Main £1.60 | Falafel & Salad Pitta | Vegetable Burrito | Falafel & Salad Pitta | Potato, Leek & Cheddar Slice | Vegan Pasta Bake |
| Sweetness £1.15 | Pineapple Upside-Down Cake & Custard | Jamaican Ginger Cake & Custard | Apple Cinnamon & Date Crumble & Custard | Jam & Coconut Sponge & Custard | Coconut Rice Pudding |
| Concept £1.95 | Lemon & Herb or Piri Piri Chicken Wrap Lemon & Herb Rice | Butter Chicken Curry with Lemon Rice | Lemon & Herb or Piri Piri Chicken Wrap Lemon & Herb Rice | Butter Chicken Curry with Lemon Rice | Lemon & Herb or Piri Piri Chicken Wrap Lemon & Herb Rice |
| Bowl & Co From £1.70 | Mac N Cheese | Pulled Pork or Veggie Chilli Loaded Nachos | Tomato & Basil Pasta | Mac N Cheese | Tre Fomaggi Pasta |

ALLERGIES

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AVAILABLE DAILY

Baked Potatoes with a range of toppings.

Freshly Made Baguettes, Sandwiches, Wraps and Salads.

MEAL DEAL

Meat or Meat Free Main & Cookie or Jelly Pot
£1.75

Simple Sandwich or Baguette, 500ml Water & Cookie or Jelly Pot
£1.95

MID MORNING BREAK

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|----------------------------------|-----------------------------|-------------------------------|-----------------------------|----------------------------------|
| Paninis £1.85 | BBQ Chicken | Cheese & Red Onion | Tuna Melt | Cheese | Ham & Cheese |
| Toasties £1.40 | Cheese | Ham & Cheese | Cheese & Tomato | Ham & Cheese | Cheese |
| Meat Pizza £1.40 | Pepperoni Pizza Bagel | Pepperoni Slice | Pepperoni Pizza Bagel | Pepperoni Slice | Pepperoni Pizza Bagel |
| Meat Free Pizza £1.30 | Margherita Slice | Cheese & Tomato Pizza Bagel | Margherita | Cheese & Tomato Pizza Bagel | Margherita Slice |
| Bowl & Co From £1.70 | Ramen with Egg Noodles & Chicken | Cheesy Pasta | Ramen with Egg Noodles & Tofu | Tomato & Basil Pasta | Ramen with Egg Noodles & Chicken |

ALLERGIES

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AVAILABLE DAILY

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