

# MENU

# WEEK 1

## Breakfast



A selection of Toast, Bacon Rolls, Hash Browns, Fresh Fruit, Fruit Salad, Pain au Chocolat, Yoghurt Granola Pots



## Morning Break

A selection of Toast, Bacon Rolls, Paninis, Soup, Subs to Go, Fruit Salad, Fruit & Yoghurt Granola Pots

## LUNCHTIME

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SWEET &amp; SOUR CHICKEN</b>  soy noodles baked seasoned potato wedges fresh steamed broccoli	<b>BEEF PIE</b>  mashed potato steamed carrots	<b>CHICKEN STROGANOFF</b>  savoury rice sauteed potatoes sauteed leeks	<b>ROAST CHICKEN</b>  Steamed broccoli Fresh steamed carrots Honey roast parsnips	<b>FISH &amp; CHIPS</b>  <b>SELECTION OF PIES &amp; SAUSAGE ROLLS</b>  mushy peas garden peas sweetcorn
<b>VEGETARIAN OPTION</b> <b>SWEET CHILLI SQUASH</b>	<b>VEGETARIAN OPTION</b> <b>NOT SAUSAGE &amp; MASH WITH MEAT FREE GRAVY</b>	<b>VEGETARIAN OPTION</b> <b>CHICKPEA &amp; SWEET POTATO TIKKA</b>	<b>VEGETARIAN OPTION</b> <b>MEAT FREE ROAST DINNER</b>	<b>VEGETARIAN OPTION</b> <b>VEGAN RAVIOLI IN TOMATO &amp; BASIL SAUCE</b>

## SOUP OF THE DAY

SEE CANTEEN BOARD FOR DETAILS

### *Also available at lunchtimes...*

Chicken or Spicy Bean burgers / Pasta Bar / Jacket Potatoes / Selection of Sandwiches, Wraps & Paninis

## SUB BAR



- STEP 1** choose your bread - wraps or sub rolls
- STEP 2** choose your filling - COLD: ham, cheese, tuna, turkey, egg, Philadelphia, chicken & bacon mayo, Chinese & tikka chicken marinade  
HOT: meatballs, pulled pork
- STEP 3** choose your salad - cucumber, tomatoes, lettuce, red onion, mixed peppers, coleslaw, potato salad, pasta salad

## DESSERTS

Home baked biscuits and cakes are available everyday.  
A selection of fresh fruit, fruit pots and YogPots are also available everyday.



# MENU

# WEEK 2

## Breakfast



A selection of Toast, Bacon Rolls, Hash Browns, Fresh Fruit, Fruit Salad, Pain au Chocolat, Yoghurt Granola Pots



## Morning Break

A selection of Toast, Bacon Rolls, Paninis, Soup, Subs to Go, Fruit Salad, Fruit & Yoghurt Granola Pots

## LUNCHTIME

Monday	Tuesday	Wednesday	Thursday	Friday
<b>BUTTER CHICKEN</b>  savoury rice naan bread pan fried leeks  <b>VEGETARIAN OPTION</b> MACARONI CHEESE & GARLIC BREAD	<b>TERIYAKI CHICKEN</b>  noodles potato wedges sautéed leeks  <b>VEGETARIAN OPTION</b> SWEET & SOUR STIR FRIED VEG	<b>BEEF LASAGNA WITH CHEESY GARLIC BREAD</b>  sauteed sweet potato cherry tomato ratatouille  <b>VEGETARIAN OPTION</b> VEGAN SPAGHETTI BOLOGNAISE	<b>ROAST CHICKEN</b>  Steamed broccoli Fresh steamed carrots Honey roast parsnips  <b>VEGETARIAN OPTION</b> MEAT FREE ROAST DINNER	<b>FISH &amp; CHIPS</b>  <b>CHICKEN GOUJONS</b> <b>SELECTION OF PIES &amp; SAUSAGE ROLLS</b>  mushy peas garden peas Sweetcorn  <b>VEGETARIAN OPTION</b> VEGAN RAVIOLI IN TOMATO & BASIL SAUCE



## SOUP OF THE DAY



SEE CANTEEN BOARD FOR DETAILS

### Also available at lunchtimes...

Chicken or Spicy Bean burgers / Pasta Bar / Jacket Potatoes / Selection of Sandwiches, Wraps & Paninis

## SUB BAR



- STEP 1** choose your bread - wraps or sub rolls
- STEP 2** choose your filling - COLD: ham, cheese, tuna, turkey, egg, Philadelphia, chicken & bacon mayo, Chinese & tikka chicken marinade  
HOT: meatballs, pulled pork
- STEP 3** choose your salad - cucumber, tomatoes, lettuce, red onion, mixed peppers, coleslaw, potato salad

## DESSERTS

Home baked biscuits and cakes are available everyday.  
A selection of fresh fruit, fruit pots and YogPots are also available everyday.

