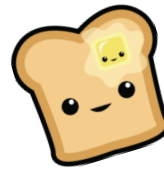


# MENU

# 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

(df - dairy free)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SWEET AND SOUR CHICKEN WITH SOY NOODLES (df)</b>  baked seasoned potato wedges Fresh steamed broccoli  <b>VEGETARIAN OPTION</b> <b>SWEET CHILI SQUASH WITH SOY NOODLES</b>	<b>CREAMY CHICKEN, BACON &amp; VEG PIE WITH GRAVY (df)</b>  mashed potato steamed carrots parsley butter  <b>VEGETARIAN OPTION</b> <b>SUNDRIED &amp; CHERRY TOMATO QUICHE</b>	<b>CHICKEN STROGANOFF WITH SAVOURY RICE</b>  sauteed potatoes sauteed leeks  <b>VEGETARIAN OPTION</b> <b>CHICKPEA &amp; SWEET POTATO TIKKA (df)</b> BASMATI RICE	<b>ROAST CHICKEN DINNER (df)</b>  steamed broccoli steamed carrots honey roast parsnips  <b>VEGETARIAN OPTION</b> <b>MEAT FREE ROAST DINNER WITH GRAVY</b>	<b>CHIPPY DAY! FISH &amp; CHIPS (df)</b>  <b>SELECTION OF PIES &amp; SAUSAGE ROLLS</b>  mushy/garden peas sweetcorn  <b>VEGETARIAN OPTION</b> <b>VEGAN RAVIOLINI IN TOMATO &amp; BASIL SAUCE (df)</b>



## SOUP OF THE DAY



SEE CANTEEN BOARD FOR DETAILS

### Also available at lunchtimes...

Chicken Burgers / Pasta Bar / Jacket Potatoes / Selection of Sandwiches, Wraps & Paninis

## SUB BAR



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

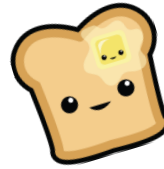
## DESSERTS

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

# MENU

## Breakfast

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



## WEEK 2

## Morning Break

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

## LUNCHTIME

(df - dairy free)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MALAYSIAN CHICKEN CURRY</b> (df)  basmati rice naan bread pan fried leeks	<b>PULLED PORK ENCHILADAS WITH SWEET POTATO FRIES</b> (df)  sautéed leeks	<b>BEEF LASAGNE WITH CHEESY GARLIC BREAD</b>  sauteed paprika potatoes cherry tomato ratatouille with balsamic glaze	<b>ROAST CHICKEN DINNER</b> (df)  steamed broccoli steamed carrots honey roast parsnips	<b>CHIPPIE DAY! FISH &amp; CHIPS</b> (df)  <b>GLUTEN &amp; DAIRY FREE CHICKEN GOUJONS</b>  <b>SELECTION OF PIES &amp; SAUSAGE ROLLS</b>  mushy/garden peas sweetcorn
<b>VEGETARIAN OPTION</b> <b>MACARONI CHEESE &amp; GARLIC BREAD</b>	<b>VEGETARIAN OPTION</b> <b>SWEET &amp; SOUR STIR-FRIED VEG WITH NOODLES</b>	<b>VEGETARIAN OPTION</b> <b>VEGAN SPAGHETTI BOLOGNAISE</b> (df)	<b>VEGETARIAN OPTION</b> <b>MEAT FREE ROAST DINNER WITH GRAVY</b>	<b>VEGETARIAN OPTION</b> <b>VEGAN RAVIOLINI IN TOMATO &amp; BASIL SAUCE</b> (df)



## 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



- |               |                            |   |   |
|---------------|----------------------------|---|---|
| <b>STEP 1</b> | <b>choose your bread</b>   | - | wraps or sub rolls  |
| <b>STEP 2</b> | <b>choose your filling</b> | - | COLD: ham, cheese, tuna, turkey, egg, Philadelphia, chicken & bacon mayo, Chinese & tikka chicken marinade<br>HOT: meatballs, pulled pork |
| <b>STEP 3</b> | <b>choose your salad</b>   | - | 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.



# MEAL DEALS

**ONLY  
£2.95**

## **OPTION 1**

**ANY Hot plated meal,  
Water or Juice,  
Fruit pot or  
Homemade biscuit.  
(Saves you 95p)**

## **OPTION 2**

**ANY Panini or 1 filling  
Sub with either  
Water / Juice / Shake  
OR Homemade  
Biscuit  
(Saves you 55p)**

## **OPTION 3**

**ANY Bistro / Huddle  
Main with  
ANY Cake or  
Drink.  
(Saves you 50p)**

# BREAKFAST & MORNING BREAK DEALS

Two Slices of Toast,  
Hot Chocolate £1.40 (Save 70p)

Two Hash Browns,  
Fruit Juice / Water £1.10 (Save 80p)

Fruit Pot, Toast, Fruit Juice  
£1.10 (Save 65p)