

Weekly Menu

Week One



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN ONE (meat option)	Spagehetti Bolognese (Halal Lamb) with Garlic Bread £2.30	Chicken Curry & White Rice £2.30	Roast Chicken, Stuffing with Skin on Potatoes & Carrots with Gravy £2.30	Chilli (Halal Lamb) & White Rice £2.30	Battered Pollock, Chips & Garden Peas £2.30
MAIN TWO (meat free option)	Vegetable Chilli & Brown Rice £2.30	Mac & Cheese with Garlic Bread £2.30	Butternut Squash & Feta Cheese Taco with Side Salad £2.30	Quorn Sausages, Mashed Potatoes, Garden Peas & Gravy £2.30	Vegetable Balti & Rice £2.30
PRANZO ITALIANO	Wholemeal Pasta with Tomato or Cheese Sauce Cheese & Tomato Pizza Slab £1.80	Wholemeal Pasta with Tomato or Cheese Sauce Margherita Pizza Slab £1.80	Wholemeal Pasta with Tomato or Cheese Sauce Cheese & Tomato Pizza Slab £1.80	Wholemeal Pasta with Tomato or Cheese Sauce Margherita Pizza Slab £1.80	Wholemeal Pasta with Tomato or Cheese Sauce Cheese & Tomato Pizza Slab £1.80
DIZZY PANDA ASIAN FUSION PANDA POTS	Sweet & Sour Chicken or Vegetables & Egg Fried Rice £2.60	Teriyaki Chicken or Vegetables & Egg Fried Rice £2.60	Thai Green Chicken or Vegetables with Egg Fried Rice £2.60	Chicken or Vegetable Katsu with Egg Fried Rice £2.60	Korean BBQ Chilli Chicken or Vegetables with Egg Fried Rice £2.60
SOCIAL FEAST ON THE GO	Joe De Frango Lemon & Herb or Peri-Peri Chicken Pitta Pocket with Peri-Peri Slaw £2.60	Lamb Flatbread (Halal) or Falafel & Tabouleh Mezze £2.60	Peri-Peri Chicken Flatbread or Crispy Lemon & Herb Chicken Wrap £2.60	Chicken Flatbread or Falafel & Tabouleh Mezze £2.60	
SWEET NESS.	Fruit Banana Bread & Custard £1.00	Apple Crumble & Custard £1.00	Oaty Fruit Crunch £1.00	Banana Skin Muffin £1.00	Rhubarb Crumble & Custard £1.00

MEAL DEAL

available daily

Main One

or

Main Two

with a cookie or jelly

£2.70

AVAILABLE DAILY: Soup, Bread, Baked Potatoes, Vegetables & Salad

ALLERGIES Please speak to a member of our team if you have an allergy & need to know what's in our food so we can advise you on your available choices.

Weekly Menu

Week Two



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN ONE (meat option)	Lamb Moussaka, (Halal) with Side Salad £2.30	Hong Kong Chow-Chow Chicken & Vegetable Stir Fry with Prawn Crackers £2.30	Roast Turkey (Halal) Cranberry Sauce, Skin on Roast Potato with Garden Peas & Gravy £2.30	Lamb (Halal) Keema with 50/50 Rice £2.30	Battered Pollock with Think Cut Chips & Garden Peas £2.30
MAIN TWO (meat free option)	Spiced Chickpea Burger with Paprika Skin On Wedges £2.30	Southern Fried Quorn Fillet with Paprika Skin on Wedges, Tomato & Basil £2.30	Vegetable Chow Mein with Mini Vegetable Spring Rolls £2.30	Chana Masala with Lemon Rice £2.30	Spinach & Tomato Tart with Garden Salad £2.30
PRANZO ITALIANO	Wholemeal Pasta with Tomato or Cheese Sauce Cheese & Tomato Pizza Slab £1.80	Wholemeal Pasta with Tomato or Cheese Sauce Cheese & Tomato Pizza Slab £1.80	Wholemeal Pasta with Tomato or Cheese Sauce Cheese & Tomato Pizza Slab £1.80	Wholemeal Pasta with Tomato or Cheese Sauce Cheese & Tomato Pizza Slab £1.80	Wholemeal Pasta with WOW Tomato Tops or Basil Top Sauce Cheese & Tomato Pizza Slab £1.80
DIZZY PANDA ASIAN FUSION PANDA POTS	Sweet n Sour Chicken or Vegetables & Egg Fried Rice £1.80	Teriyaki Chicken or Vegetables & Egg Fried Rice £1.80	Thai Green Chicken or Vegetables & Egg Fried Rice £1.80	Katsu Chicken or Vegetables & Egg Fried Rice £1.80	Korean BBQ Chilli Vegetables & Egg Fried Rice £1.80
SOCIAL FEAST ON THE GO	Japanese Chip Shop Fish Finger Coconut Katsu Burrito or Caulipower Tikka Burrito with Red Cabbage Slaw £2.60	Chipotle Shredded Chicken Taco Cone or Spiced Plant Mince Taco Cone £2.60	Chinese Salt & Pepper Chicken Burrito, with Egg Fried Rice or Vegetable Spring Roll & Sweet 'n' Sour Rice Burrito with Red Cabbage Slaw £2.60	Fajita Shredded Chicken Taco Cone or Soft Butternut Squash & Feta Taco Cone £2.60	
SWEET NESS.	Marmalade & Ginger Sponge & Custard £1.00	WOW Butternut Squash 'Peel' Muffin £1.00	Sticky Toffee Pudding & Custard £1.00	Carrot Peel & Sultana Flapjack £1.00	Fruit, Banana Bread & Custard £1.00

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Main One

or

Main Two

with a cookie or jelly

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Weekly Menu

Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN ONE (meat option)	Chicken Burrito with Oven Baked Wedges £2.30	Turkey Lasagne with Garlic Bread £2.30	Pulled Chicken, Stuffing Balls, Roasted Parsnips, Roasted Potatoes & Gravy £2.30	Shepherds Pie with Steamed Broccoli £2.30	Battered Pollock with Fries & Garden Peas £2.30
MAIN TWO (meat free option)	Vegetarian Burrito with Oven Baked Wedges £2.30	Vegetable Jambalaya with Garlic Bread £2.30	Vegetable Cottage Pie with Skin On Roast Potatoes & Unpeeled Roasted Parsnips £2.30	Potato, Leek & Cheddar Slice with Mixed Vegetables £2.30	Vegan Bolognese with Wholewheat Fusilli £2.30
PRANZO ITALIANO	Wholemeal Pasta with Tomato or Cheese Sauce Cheese & Tomato Pizza Slab £1.80	Wholemeal Pasta with Tomato or Cheese Sauce Cheese & Tomato Pizza Slab £1.80	Wholemeal Pasta with Tomato or Cheese Sauce Cheese & Tomato Pizza Slab £1.80	Wholemeal Pasta with Tomato or Cheese Sauce Cheese & Tomato Pizza Slab £1.80	Wholemeal Pasta with WOW Tomato Top or Cheese Sauce Cheese & Tomato Pizza Slab £1.80
DIZZY PANDA ASIAN FUSION PANDA POTS	Sweet n Sour Chicken or Vegetables & Egg Fried Rice £2.60	Teriyaki Chicken or Vegetables & Egg Fried Rice £2.60	Thai Green Chicken or Vegetables & Egg Fried Rice £2.60	Katsu Chicken or Vegetables & Egg Fried Rice £2.60	Korean BBQ Chilli Vegetables & Egg Fried Rice £2.60
SOCIAL FEAST ON THE GO	Lamb, Potato and Coconut Curry or Sweet Potato, Orange & Coconut Curry £2.60	Half Chicken Tikka Kathi Roll or Half Gunpowder Aloo Kathi Kebab Roll £2.60	Braised Chicken with Honey & Tomatoes with Seeded Cous Cous or Sweet Potato, Orange & Coconut Curry £2.60	Chicken Madras or Chana Masala with Lemon Rice £2.60	
SWEET NESS	Jam & Coconut Sponge & Custard £1.00	Fruit Banana Bread & Custard £1.00	Apple, Cinnamon and Date Crumble & Custard £1.00	WOW Carrot Peel and Sultana Flapjack £1.00	Coconut Rice Pudding & Fruit Jam £1.00

MEAL DEAL

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or

Main Two

with a cookie or jelly

£2.70

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Breakfast

RISE & REFUEL



Social
Kitchen
co.

	Monday	Tuesday	Wednesday	Thursday	Friday
THREE BEARS PORRIDGE	Banoffee Pie Porridge Pot £1.20	Wagon Wheel Porridge Pot £1.20	The BFG Porridge Pot £1.20	Lemon Meringue Pie Porridge Pot £1.20	Jaffa Cake Porridge Pot £1.20
BREAKFAST ROLL	Halal Chicken Sausage White Petit Pain £1.10 Halal Chicken Sausage Malted Petit Pain £1.10 Quorn Sausage White Petit Pain £1.10 Quorn Sausage Malted Petit Pain £1.10				
BREAKFAST MUFFINS	Halal Chicken Sausage & Cheese Muffin £1.60 Hash Brown & Cheese Muffin £1.60 Cheese & Spinach Muffin £1.60				
ONE POT BREAKFAST	One Pot Veggie Breakfast £2.00 One Pot Breakfast £2.00				
BREAKFAST WRAPS	Breakfast Wrap £2.40 Vegan Breakfast Wrap £2.20				
TOAST	Brown Toast with Butter £0.55 White Toast with Butter £0.55				
TOPPED TOAST	Cheese on Toast £1.25 Baked Beans on Toast £1.25				
BAGEL	Half Toasted Bagel with Butter £0.60				
FRUIT TEACAKE	Fruited Teacakes £.75				
PANCAKES	Pancakes with Maple Syrup £1.40				
BREAKFAST CEREALS	Cornflakes £1.10 Rice Krispies £1.10				

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Mid Morning Break



	Monday	Tuesday	Wednesday	Thursday	Friday
TOASTIES	Cheese & Tuna Toastie £2.40 Lamb Keema & Cheese Toastie £2.40 Cheese & Tomato Toastie £2.15 Cheese Toastie £2.15 Cheese & Onion Toastie £2.15				
SIMPLY PANINIS	Vegan Cheese, Onion & Mayonnaise £2.25 Cheese & Tomato Panini £2.25 Cheese Panini £2.25 Cheese & Red Onion Panini £2.25				
PREMIUM PANINIS	Chicken Tikka & Cheese Panini £2.75 BBQ Chicken Panini £2.75 Tuna Melt £2.75				
PIZZA BAGELS	Cheese & Tomato Pizza Bagel ½ £1.00 Chicken & Tomato Pizza Bagel ½ £1.20				
PASTA POTS	Wholewheat Pasta with Tomato or Cheese Sauce £1.80				
 PANDA POTS	Sweet & Sour Chicken, Vegetables & Egg Fried Rice £2.60	Teriyaki Chicken, Vegetables & Egg Fried Rice £2.60	Thai Green Chicken, Vegetables & Egg Fried Rice £2.60	Katsu Chicken, Vegetables & Egg Fried Rice £2.60	Korean BBQ Chilli Chicken, Vegetables & Egg Fried Rice £2.60
	Sweet & Sour Vegetables & Egg Fried Rice £2.60	Teriyaki Vegetables & Egg Fried Rice £2.60	Thai Green Vegetables & Egg Fried Rice £2.60	Katsu Vegetables & Egg Fried Rice £2.60	Korean BBQ Chilli Vegetables & Egg Fried Rice £2.60
 LOADED HASH BROWNS	Potato Wedges with Cheese Sauce £2.25 Cinema Nachos Loaded Hash Browns £2.25 Potato Wedges with Curry Sauce £2.25				
WAFFLES	Sweet Waffle £1.30				
BREAKFAST ROLLS	Eton Mess Breakfast Rolls £1.00	Biscoffy Apple Breakfast Rolls £1.00	Carrot Cake Breakfast Rolls £1.00	Lemon Drizzle Breakfast Rolls £1.00	Apple & Cinnamon Breakfast Rolls £1.00

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