

# Weekly Menu

## Week One



|                                                           | Mondav                                                                                                                                                                               | Tuesdav                                                                                                                                                 | Wednesday                                                                                                                                                                        | Thursday                                                                                                                                           | Friday                                                                                                                                                                                     |
|-----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| MAIN ONE<br>(meat option)                                 | Tuscan chicken meatballs with beans & wholewheat pasta (Halal Chicken)<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                              | Chilli Con Carne (Halal Chicken)<br>With White Rice<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                    | Roast Chicken (Halal) & Stuffing<br>Skin On Roast Potatoes<br>Roasted Carrots - Unpeeled<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80        | Chicken Curry (Halal chicken)<br>With Brown Rice<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                  | Breaded pollack fillet (oven baked)<br>Oven Baked Chips & Garden Peas<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                                     |
| MAIN TWO<br>(meat free option)                            | Vegetarian Chilli<br>With Brown Rice<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                                                                | Mac & Cheese<br>With Garlic Slice<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                                      | TACO PRESS - Soft Butternut Squash & Feta<br>Taco, Side Salad<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                                   | Quorn Sausages, Mashed Potato<br>Classic Gravy & Garden Peas<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80      | Vegetable Balti & Rice<br><br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                                                                                |
| PRANZO ITALIANO                                           | Macaroni Cheese<br>With Garlic Bread<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                                                                | Chicken in a creamy tomato & basil sauce<br>With Garlic Bread<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80          | Tuna & Sweetcorn Wholewheat Pasta Bake<br>With Garlic Bread<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                                     | Tomato & Basil pasta with cheese<br>With Garlic Bread<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80             | Macaroni Cheese<br>With Garlic Bread<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                                                                      |
| PRANZO ITALIANO                                           | PRANZO –<br>Margherita Pizza Slab<br>£1.85                                                                                                                                           | PRANZO –<br>Pulled BBQ Chicken (Halal) pizza slab<br>£1.85                                                                                              | PRANZO –<br>Margherita Pizza Slab8<br>£1.85                                                                                                                                      | PRANZO –<br>Chicken (Halal) & Sweetcorn Pizza Slab<br>£1.85                                                                                        | PRANZO –<br>Friday Special Pizza Slab<br>Loaded Veggie<br>£1.85                                                                                                                            |
| DIZZY PANDA ASIAN FUSION<br><br>PITTA BAR<br><br>CONCEPTS | Sweet & Sour Chicken, Vegetables & Egg Fried Rice<br>or<br>Sweet & Sour Vegetables & Egg Fried Rice<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80 | Avocado, Egg & Spinach Pitta<br>or<br>Falafel, Spinach & Avocado Pitta<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80 | Thai Green Chicken, Vegetables & Egg Fried Rice<br>or<br>Thai Green Vegetables & Egg Fried Rice<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80 | Piri Piri Chicken Pitta<br>or<br>Falafel, Spinach & Avocado Pitta<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80 | Korean BBQ Chilli Chicken, Vegetables & Fried Rice<br>or<br>Korean BBQ Chilli Vegetables & Egg Fried Rice<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80 |

MEAL DEALS

Simply Sandwich or Baguette  
Wibble Pot  
Bottle of Water or Radnor Fruits 200ml  
or  
Panini  
Bottle of Water or Radnor Fruits 200ml  
£2.80

Pasta of The Day or Mac n Cheese  
Garlic Bread  
with  
Bottle of Water  
£2.80

Wrap of The Day  
Bottle of Water  
£2.60

Hummus Pot  
Meal Deal  
Bottle of Water  
£2.60

Main Meal of The Day or Concept  
£2.80

Daily Home Bake Pudding& Custard  
£1.10

AVAILABLE DAILY: Baked Potatoes Vegetables Fresh Fruit

ALLERGIES. Please speak to a member of our team if you have an allergy &

# Weekly Menu

## Week Two



|                                                 |                                                                                                                                                        |                                                                                                                                                    |                                                                                                                                                       |                                                                                                                                             |                                                                                                                                                                 |
|-------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>MAIN ONE</b><br>(meat option)                | Chicken Sausage & Mash, Onion Gravy (Halal Chicken) Yorkshire Pudding, Peas With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80 | Hong Kong Chow-Chow Chicken H & Vegetable Stir Fry with Prawn Crackers With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80  | Roast Turkey H & Cranberry Sauce, Mashed Potatoes with Garden Peas & Gravy With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80 | Chilli Con Carne (Halal Chicken) Paprika Skin On Wedges With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80          | Battered Pollock with Think Cut Chips & Garden Peas With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                                  |
| <b>MAIN TWO</b><br>(meat free option)           | Spiced Chickpea Burger with Paprika Skin On Wedges With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                          | Southern Fried Quorn Fillet with Paprika Skin on Wedges, Tomato & Basil With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80 | Vegetable Chow Mein with Mini Vegetable Spring Rolls With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                       | Sweet Potato, Orange & Coconut Curry with Lemon Rice With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80             | Spinach & Tomato Tart with Garden Side Salad With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                                         |
| <b>PRANZO ITALIANO</b>                          | Macaroni Cheese Plain With Garlic Bread With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                                     | Chicken in a creamy tomato & basil sauce With Garlic Bread With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80              | Tuna & Sweetcorn Wholewheat Pasta Bake With Garlic Bread With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                   | Tomato & Basil pasta with cheese With Garlic Bread With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80               | Macaroni Cheese With Garlic Bread With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                                                    |
| <b>PRANZO ITALIANO</b>                          | PRANZO – Margherita Pizza Slab<br>£1.85                                                                                                                | PRANZO – Pulled BBQ Chicken (Halal) pizza slab<br>£1.85                                                                                            | PRANZO – Margherita Pizza Slab<br>£1.85                                                                                                               | PRANZO – Chicken (Halal) & Sweetcorn Pizza Slab<br>£1.85                                                                                    | PRANZO – Friday Special Pizza Slab Loaded Veggie<br>£1.85                                                                                                       |
| <b>DIZZY PANDA ON THE GO PITTA BAR CONCEPTS</b> | Sweet Chilli Chicken Noodles or Sweet Chilli Vegetable Noodles With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80              | Lamb Keema Kebab Pitta or Gunpowder Aloo Gobi Pitta With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                     | Hong Kong Chicken, Rice Stir Fry or Vegetable Chow Mein with Rice Stir Fry With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80 | Avocado, Egg & Spinach Pitta or Falafel, Avocado & spinach Pitta With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80 | Bang Bang Chicken (Halal) & Vegetables Rice Stir Fry or Bang Bang Vegetable Stir Fry With Pudding And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80 |

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|------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>MEAL DEALS</b>                                                                                                                                    |
| Simply Sandwich or Baguette Wibble Pot<br>Bottle of Water or Radnor Fruits 200ml or Panini<br>Bottle of Water or Radnor Fruits 200ml<br><b>£2.80</b> |
| Pasta of The Day or Mac n Cheese Garlic Bread with<br>Bottle of Water<br>£2.80                                                                       |
| Wrap of The Day<br>Bottle of Water<br>£2.60                                                                                                          |
| Hummus Pot Meal Deal<br>Bottle of Water<br>£2.60                                                                                                     |
| Main Meal of The Day or Concept<br>£2.80                                                                                                             |
| Daily Home Bake Pudding& Custard<br>£1.10                                                                                                            |

**AVAILABLE DAILY:** Baked Potatoes, Vegetables, Fresh Fruit & Salad Bar

**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 Three



|                                       | Monday                                                                                                                                  | Tuesday                                                                                                                                          | Wednesday                                                                                                                                                                      | Thursday                                                                                                                                           | Friday                                                                                                                                          |
|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|
| MAIN ONE<br>(meat option)             | Chicken Burrito (Halal Chicken) with Oven Baked Wedges<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80 | Thai Green Chicken (Halal Chicken) Curry, Brown Rice.<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80           | Pulled Chicken H, Stuffing Balls, Roasted Parsnips, Roasted Potatoes, Roasted Carrots & Gravy<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80 | Cottage Pie (Halal Chicken) with Steamed Broccoli<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                 | Battered Pollock with Fries & Garden Peas<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                      |
| MAIN TWO<br>(meat free option)        | Vegetarian Burrito with Oven Baked Wedges<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80              | Vegetable Balti with Rice<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                                       | Vegetable Cottage Pie (Vegan) with Skin On Roast Potatoes & Unpeeled Roasted Carrots<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80          | Potato, Leek & Cheddar Slice with Mixed Vegetables<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                | Vegan Bolognese with Wholewheat Fusilli<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                        |
| PRANZO ITALIANO                       | Macaroni Cheese<br>With Garlic Bread<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                   | Chicken H in a creamy tomato & basil sauce<br>With Garlic Bread<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80 | Tuna & Sweetcorn Wholewheat Pasta Bake<br>With Garlic Bread<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                                   | Tomato & Basil pasta with cheese<br>With Garlic Bread<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80             | Macaroni Cheese<br>With Garlic Bread<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                           |
| PRANZO ITALIANO                       | PRANZO – Margherita Pizza Slab<br>£1.85                                                                                                 | PRANZO – Pulled BBQ Chicken (Halal) pizza slab<br>£1.85                                                                                          | PRANZO – Margherita Pizza Slab<br>£1.85                                                                                                                                        | PRANZO – Chicken (Halal) & Sweetcorn Pizza Slab<br>£1.85                                                                                           | PRANZO – Friday Special Pizza Slab<br>Loaded Veggie<br>£1.85                                                                                    |
| DIZZY PANDA ASIAN FUSION              | Chicken (Halal) Chow Mein or Vegetable Chow Mein<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80       | Lemon & Herb Chicken (Halal) pitta or Falafel, Vegetable Pitta<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80  | Teriyaki Chicken (Halal) Rice Stir Fry Or Teriyaki Vegetable Rice Stir Fry<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80                    | Chicken Tikka (Halal) Pitta or Gunpowder Aloo (Cauliflower) Pitta<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80 | Sweet Chilli Chicken (Halal) Noodles or Vegetable Rice Noodles<br>With Pudding<br>And Choose<br>Bottle of Water or Radnor Fruits 200ml<br>£2.80 |
| ON THE GO<br><br>PITTA BAR<br>CONCEPT |                                                                                                                                         |                                                                                                                                                  |                                                                                                                                                                                |                                                                                                                                                    |                                                                                                                                                 |

### MEAL DEALS

Simply Sandwich or Baguette  
Wibble Pot  
Bottle of Water or Radnor Fruits 200ml

or Panini  
Bottle of Water or Radnor Fruits 200ml  
**£2.80**

Pasta of The Day with Garlic Bread &  
Bottle of Water  
£2.80

Wrap of The Day  
Bottle of Water  
£2.60

Hummus Pot  
Meal Deal with Bottle of Water  
£2.60

Main Meal of The Day or Concept  
£2.80

Daily Home Bake Pudding & Custard  
£1.10

AVAILABLE DAILY: Baked Potatoes, Vegetables, Fresh Fruit & Salad Bar

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.



# Mid Morning Break

|                                                                                                                  | Monday                                                                                                              | Tuesday                                          | Wednesday                                                       | Thursday                                         | Friday                                                                 |
|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|-----------------------------------------------------------------|--------------------------------------------------|------------------------------------------------------------------------|
| TOASTIE                                                                                                          |                                                                                                                     |                                                  |                                                                 |                                                  |                                                                        |
| SIMPLY PANINIS                                                                                                   |                                                                                                                     |                                                  |                                                                 |                                                  |                                                                        |
| WRAP N ROLL                                                                                                      |                                                                                                                     |                                                  |                                                                 |                                                  |                                                                        |
| PIZZA BAGELS                                                                                                     | Cheese & Tomato Pizza Bagel ½ <b>£1.85</b> Chicken & Tomato Pizza Bagel ½ <b>£1.85</b>                              |                                                  |                                                                 |                                                  |                                                                        |
| SMOOTHIE POTS                                                                                                    | Strawberry, Blueberry & Granola £1.60– Banana, Honey & Biscoff Crumb £1.60– Supper Green Apple & Granola Pots £1.60 |                                                  |                                                                 |                                                  |                                                                        |
| <br><b>PITTA</b>                | Sweet & Sour Chicken, Vegetables & Egg Fried Rice<br><b>£2.50</b>                                                   | Avocado, Egg & Spinach Pitta<br><b>£2.50</b>     | Thai Green Chicken, Vegetables & Egg Fried Rice<br><b>£2.50</b> | Avocado & Spinach Pitta<br><b>£2.50</b>          | Korean BBQ Chilli Chicken, Vegetables & Egg Fried Rice<br><b>£2.50</b> |
|                                                                                                                  | Sweet & Sour Vegetables & Egg Fried Rice<br><b>£2.50</b>                                                            | Falafel, Spinach & Avocado Pitta<br><b>£2.50</b> | Thai Green Vegetables & Egg Fried Rice<br><b>£2.50</b>          | Falafel, Spinach & Avocado Pitta<br><b>£2.50</b> | Korean BBQ Chilli Vegetables & Egg Fried Rice<br><b>£2.50</b>          |
| <br><b>LOADED HASH BROWNS</b> | 3 Hashbrowns with Cheese Sauce <b>£2.00</b>                                                                         |                                                  |                                                                 |                                                  |                                                                        |
|                                                                                                                  | 3 Cinema Nachos Loaded Hash Browns <b>£2.00</b>                                                                     |                                                  |                                                                 |                                                  |                                                                        |
|                                                                                                                  | 3 Hashbrown with Cowabunga <b>£2.00</b>                                                                             |                                                  |                                                                 |                                                  |                                                                        |
| WAFFLES                                                                                                          | Sweet Waffle <b>£1.25</b>                                                                                           |                                                  |                                                                 |                                                  |                                                                        |

**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

**4 ITEMS FROM THIS SELECTION WILL BE ON OFFER EVERY DAY AND FRESH FRUIT.**