

Weekly Menu

Week One



	Mondav	Tuesdav	Wednesday	Thursday	Friday
MAIN ONE (meat option)	Tuscan chicken meatballs with beans & wholewheat pasta (Halal Chicken) With Orange Jelly Pot or Oat & Raisin Cookie & Bottle of Water £2.80	Beijing Oyster Catcher Chicken (Halal) & Vegetable Rice Stir Fry Prawn Crackers With Raspberry Jelly Pot or Ginger Cookie & Bottle of Water £2.80	Roast Chicken (Halal) & Stuffing Skin On Roast Potatoes Roasted Carrots - Unpeeled With Strawberry Jelly Pot or Oat & Cranberry Cookie & Bottle of Water £2.80	Chicken Curry (Halal chicken) With Brown Rice With Orange Jelly Pot or Oat & Raisin Cookie & Bottle of Water £2.80	Breaded pollack fillet (oven baked) Oven Baked Chips & Garden Peas With Orange Jelly Pot or Oat & Raisin Cookie & Bottle of Water £2.80
MAIN TWO (meat free option)	Vegetarian Cottage Pie Orange Jelly Pot or Oat & Raisin Cookie & Bottle of Water £2.80	Cheesy Mixed Beans on Focaccia With Raspberry Jelly Pot or Ginger Cookie & Bottle of Water £2.80	Vegetable Lasagne & Garlic Slice With Strawberry Jelly Pot or Oat & Cranberry Cookie & Bottle of Water £2.80	Mixed Bean & Korean BBQ Chimichanga With Orange Jelly Pot or Oat & Raisin Cookie & Bottle of Water £2.80	Quorn Fingers, Thin Cut Fries (Oven Baked) & Garden Peas With Orange Jelly Pot or Oat & Raisin Cookie & Bottle of Water £2.80
PRANZO ITALIANO	Macaroni Cheese With Orange Jelly Pot or Oat & Raisin Cookie & Bottle of Water £2.80	Chicken in a creamy tomato & basil sauce With Raspberry Jelly Pot or Ginger Cookie & Bottle of Water £2.80	Tuna & Sweetcorn Wholewheat Pasta Bake With Strawberry Jelly Pot or Oat & Cranberry Cookie & Bottle of Water £2.80	Tomato & Basil pasta with cheese With Orange Jelly Pot or Oat & Raisin Cookie & Bottle of Water £2.80	Macaroni Cheese With Orange Jelly Pot or Oat & Raisin Cookie & Bottle of Water £2.80
PRANZO ITALIANO	PRANZO – Margherita Pizza Slab £1.85	PRANZO – Pepperoni (Halal) pizza slab £1.85	PRANZO – Margherita Pizza Slab £1.85	PRANZO – Chicken (Halal) & Sweetcorn Pizza Slab £1.85	PRANZO – Friday Special Pizza Slab Loaded Veggie £1.85
CONCEPTS	Sweet & Sour Chicken, (Halal) Vegetables & Egg Fried Rice or Sweet & Sour Vegetables & Egg Fried Rice With Orange Jelly Pot or Oat & Raisin Cookie & Bottle of Water £2.80	Avocado, Egg & Spinach Pitta or Falafel, Spinach & Avocado Pitta With Raspberry Jelly Pot or Ginger Cookie & Bottle of Water £2.80	Thai Green Chicken, Vegetables & Egg Fried Rice or Thai Green Vegetables & Egg Fried Rice with Strawberry Jelly Pot or Oat & Cranberry Cookie & Bottle of Water £2.80	Piri Piri Chicken (Halal) Pitta or Falafel, Spinach & Avocado Pitta With Orange Jelly Pot or Oat & Raisin Cookie & Bottle of Water £2.80	Korean BBQ Chilli Chicken, Vegetables & Egg Fried Rice or Korean BBQ Chilli Vegetables & Egg Fried Rice Orange Jelly Pot or Oat & Raisin Cookie & Bottle of Water £2.80
PITTA BAR	Falafel, Avocado & Spinach Pitta Or Piri Piri Chicken (Halal) with Avocado & Spinach Pitta	Falafel, Avocado & Spinach Pitta Or Piri Piri Chicken (Halal) with Avocado & Spinach Pitta	Falafel, Avocado & Spinach Pitta Or Piri Piri Chicken (Halal) with Avocado & Spinach Pitta	Falafel, Avocado & Spinach Pitta Or Piri Piri Chicken (Halal) with Avocado & Spinach Pitta	Falafel, Avocado & Spinach Pitta Or Piri Piri Chicken (Halal) with Avocado & Spinach Pitta

MEAL DEALS

Simply Sandwich or Baguette
Wibble Pot
&
Bottle of Water
£2.80
or
Panini
&
Bottle of Water
£2.80

Pasta of The Day
&
Bottle of Water
£2.80

Main Meal of The Day or Concept
£2.80

Green Salad Pot
with
Bottle of Water
£2.50

Daily Home Bake Pudding
& Custard
£1.10

Weekly Menu

Week Two



MAIN ONE (meat option)	Chicken Sausage & Mash, Onion Gravy (Halal) Yorkshire Pudding, Peas With Orange Jelly Pot or Oat & Raisin Cookie & Bottle of Water £2.80	Turkey Lasagne (Halal) with Garlic Bread With Raspberry Jelly Pot or Chocolate Cookie & Bottle of Water £2.80	Roast Turkey & Cranberry Sauce, Mashed Potatoes with Garden Peas & Gravy With Orange Jelly Pot or Apricot Crumble Cookie & Bottle of Water £2.80	Hong Kong Chow-Chow Chicken (Halal) & Vegetable Rice Stir Fry With Raspberry Jelly Pot or Chocolate Cookie & Bottle of Water £2.80	Battered Pollock with Think Cut Chips & Garden Peas With Orange Jelly Pot or Apricot Crumble Cookie & Bottle of Water £2.80
MAIN TWO (meat free option)	Vegan Pasta Bolognaise with Garlic Bread With Orange Jelly Pot or Oat & Raisin Cookie & Bottle of Water £2.80	Southern Fried Quorn Fillet with Paprika Skin on Wedges, Tomato & Basil With Raspberry Jelly Pot or Chocolate Cookie & Bottle of Water £2.80	Chili Non-Carne & Popeye Rice & Grain With Orange Jelly Pot or Apricot Crumble Cookie & Bottle of Water £2.80	Lentil, Chickpea & Bean Dhal Rice & Grain With Raspberry Jelly Pot or Chocolate Cookie & Bottle of Water £2.80	Spinach & Tomato Tart with Garden Side Salad With Orange Jelly Pot or Apricot Crumble Cookie & Bottle of Water £2.80
PRANZO ITALIANO	Macaroni Cheese Plain With Orange Jelly Pot or Oat & Raisin Cookie & Bottle of Water £2.80	Chicken in a creamy tomato & basil sauce With Raspberry Jelly Pot or Chocolate Cookie & Bottle of Water £2.80	Tuna & Sweetcorn Wholewheat Pasta Bake With Orange Jelly Pot or Apricot Crumble Cookie & Bottle of Water £2.80	Tomato & Basil pasta with cheese With Raspberry Jelly Pot or Chocolate Cookie & Bottle of Water £2.80	Macaroni Cheese With Orange Jelly Pot or Apricot Crumble Cookie & Bottle of Water £2.80
PRANZO ITALIANO	PRANZO – Margherita Pizza Slab £1.85	PRANZO – Pepperoni (Halal) pizza slab £1.85	PRANZO – Margherita Pizza Slab £1.85	PRANZO – Chicken (Halal) & Sweetcorn Pizza Slab £1.85	PRANZO – Friday Special Pizza Slab Loaded Veggie £1.85
CONCEPTS	Sweet Chilli Chicken (Halal) Noodles or Sweet Chilli Vegetable Noodles With Orange Jelly Pot or Oat & Raisin Cookie & Bottle of Water £2.80	Lamb (Halal) Keema Kebab Pitta or Gunpowder Aloo Gobi Pitta With Raspberry Jelly Pot or Chocolate Cookie & Bottle of Water £2.80	Hong Kong Chicken (Halal), Rice Stir Fry or Vegetable Chow Mein with Rice Stir Fry With Orange Jelly Pot or Apricot Crumble Cookie & Bottle of Water £2.80	Avocado, Egg & Spinach Pitta or Falafel, Avocado & spinach Pitta With Raspberry Jelly Pot or Chocolate Cookie & Bottle of Water £2.80	Bang Bang Chicken (Halal) & Vegetables Rice Stir Fry or Bang Bang Vegetable Stir Fry With Orange Jelly Pot or Apricot Crumble Cookie & Bottle of Water £2.80
PITTA BAR	Falafel, Avocado & Spinach Pitta Or Piri Piri Chicken (Halal) with	Falafel, Avocado & Spinach Pitta Or Piri Piri Chicken (Halal) with Avocado &	Falafel, Avocado & Spinach Pitta Or Piri Piri Chicken (Halal) with Avocado &	Falafel, Avocado & Spinach Pitta Or Piri Piri Chicken (Halal) with Avocado &	Falafel, Avocado & Spinach Pitta Or Piri Piri Chicken (Halal) with Avocado &

MEAL DEALS

Simply Sandwich or Baguette Wibble Pot & Bottle of Water £2.80 or Panini & Bottle of Water £2.80

Pasta of The Day & Bottle of Water £2.80

Main Meal of The Day or Concept £2.80

Green Salad Pot & Bottle of Water £2.50

Daily Home Bake Pudding & Custard £1.10

Weekly Menu

Week Three



	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN ONE (meat option)	Chicken Burrito (Halal Chicken) with Oven Baked Wedges With Pudding Orange Jelly Pot or Apricot Crumble Cookie & Bottle of Water £2.80	Cornflake Chicken, (Halal) Paprika Rice With Orange Jelly Pot or Chocolate Cookie & Bottle of Water £2.80	Roast Chicken (Halal), Stuffing Balls, Roasted Parsnips, Roasted Potatoes, Roasted Carrots & Gravy With Raspberry Jelly or Oat & Cranberry Cookie & Bottle of Water £2.80	Sweet & Sour Chicken (Halal) White Rice With Orange Jelly or Apricot Crumble Cookie & Bottle of Water £2.80	Battered Pollock with Fries & Garden Peas With Raspberry Jelly or Oat & Cranberry Cookie & Bottle of Water £2.80
MAIN TWO (meat free option)	Vegetarian Burrito with Oven Baked Wedges With Orange Jelly Pot or Apricot Crumble Cookie & Bottle of Water £2.80	Pasta Bolognaise Garlic Bread With Orange Jelly Pot or Chocolate Cookie & Bottle of Water £2.80	Coconut Tikka Masala Rice & Grains with Raspberry Jelly or Oat & Cranberry Cookie & Bottle of Water £2.80	Smashed Spicy Bean Burger in Bun Rainbow Wedges With Orange Jelly or Apricot Crumble Cookie & Bottle of Water £2.80	Vegan Fishless Fingers , Tin Cut Fries (Oven Baked) & Garden Peas with Raspberry Jelly or Oat & Cranberry Cookie & Bottle of Water £2.80
PRANZO ITALIANO	Macaroni Cheese With Orange Jelly Pot or Apricot Crumble Cookie & Bottle of Water £2.80	Chicken (Halal) in a creamy tomato & basil sauce With Orange Jelly Pot or Chocolate Cookie & Bottle of Water £2.80	Tuna & Sweetcorn Wholewheat Pasta Bake With Raspberry Jelly or Oat & Cranberry Cookie & Bottle of Water £2.80	Tomato & Basil pasta with cheese With Orange Jelly or Apricot Crumble Cookie & Bottle of Water £2.80	Macaroni Cheese With Raspberry Jelly or Oat & Cranberry Cookie & Bottle of Water £2.80
PRANZO ITALIANO	PRANZO – Margherita Pizza Slab £1.85	PRANZO – Pepperoni (Halal) pizza slab £1.85	PRANZO – Margherita Pizza Slab £1.85	PRANZO – Chicken (Halal) & Sweetcorn Pizza Slab £1.85	PRANZO – Friday Special Pizza Slab Loaded Veggie £1.85
CONCEPTS	Chicken (Halal) Chow Mein or Vegetable Chow Mein With Orange Jelly Pot or Apricot Crumble Cookie & Bottle of Water £2.80	Lemon & Herb Chicken (Halal) pitta or Falafel, Vegetable Pitta With Orange Jelly Pot or Chocolate Cookie & Bottle of Water £2.80	Teriyaki Chicken (Halal) Rice Stir Fry Or Teriyaki Vegetable Rice Stir Fry With Raspberry Jelly or Oat & Cranberry Cookie & Bottle of Water £2.80	Chicken Tikka (Halal) Pitta or Gunpowder Aloo (Cauliflower) Pitta With Orange Jelly or Apricot Crumble Cookie & Bottle of Water £2.80	Sweet Chilli Chicken (Halal) Noodles or Vegetable Rice Noodles With Raspberry Jelly or Oat & Cranberry Cookie & Bottle of Water £2.80
	Falafel, Avocado & Spinach Pitta Or	Falafel, Avocado & Spinach Pitta Or	Falafel, Avocado & Spinach Pitta Or	Falafel, Avocado & Spinach Pitta Or	Falafel, Avocado & Spinach Pitta Or

MEAL DEALS

Simply Sandwich or Baguette
Wibble Pot
Choose
Bottle of Water
£2.80
or
Panini
Choose
Bottle of Water
£2.80
Pasta of The Day
with
Bottle of Water
£2.80

Main Meal of The Day
or Concept
£2.80

Green Salad Pot
with
Bottle of Water
£2.50

Daily Home Bake Pudding
& Custard
£1.10

Mid Morning Break



	Monday	Tuesday	Wednesday	Thursday	Friday
SIMPLY PANINIS	Cheese & Tomato Panini - £2.25 – Pizza Pepperoni (Halal) - £2.75 – BBQ Chicken (Halal) & Cheese Panini - £2.75 – Tuna Melt Panini - £2.75				
HUNGRY GROCER	Garden Salad Pots – Indian Green & Grain – Green Valley Garden – Caesar Salad £2.00				
LOADED	Wedges & Cheese or Wedges & Curry Sauce Cinema Nachos Loaded Hash Browns - £2.25				
WRAPS	Sweet Chili Chicken (Halal) BBQ Chicken (Halal) Tuna Mayo & Cucumber Wrap - £1.95				
PRANZO ITALIANO	Tomato & Basil, Cheese Wholewheat Pasta Pot or Cheese Sauce Wholewheat Pasta Pot £1.80	Tomato & Basil, Cheese Wholewheat Pasta Pot or Cheese Sauce Wholewheat Pasta Pot £1.80	Tomato & Basil, Cheese Wholewheat Pasta Pot or Cheese Sauce Wholewheat Pasta Pot £1.80	Tomato & Basil, Cheese Wholewheat Pasta Pot or Cheese Sauce Wholewheat Pasta Pot £1.80	Tomato & Basil, Cheese Wholewheat Pasta Pot or Cheese Sauce Wholewheat Pasta Pot £1.80
PRANZO ITALIANO	Cheese & Tomato Pizza Bagel Half - £1.20 Pepperoni (Halal) Pizza Bagel Half - £1.35 Chicken (Halal) Pizza Bagel Half - £1.35				
WAFFLES	Sweet Waffle £1.30				

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