



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Meal Deal Grab & Go Main	Pasta Carbonara With Garlic Bread GLUTEN/EGG/MILK	Japanese Crispy Katsu Chicken Curry with Rice GLUTEN/MUSTARD	Roast Chicken Yorkshire Pudding Wrap & Skin on Roast Potatoes GLUTEN	Smokey BBQ Chicken Burrito MILK/GLUTEN	Battered Fish GLUTEN/FISH Plain Sausage GLUTEN/SULPHITES Served with Chips, Beans, Peas, Curry Sauce & Gravy
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Meal Deal Grab & Go Vegetarian	Macaroni Cheese with Garlic Bread. GLUTEN/MILK/MUSTARD MAY CONTAIN SOYA	Chinese Vegetable Spring Roll, Egg Fried Rice & Curry Sauce GLUTEN/EGG/MUSTARD/SOYA	Vegetable Sausage, Mashed potato & Gravy MILK/SOYA	Mexican Chilli Bean Burrito MILK/GLUTEN	Veggie Sausage SOYA Served with Chips, Beans, Peas, Curry Sauce & Gravy
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Neo Pizza Slice	Pepperoni SOYA/MUSTARD/MILK/GLUTEN Margarita GLUTEN/MILK	Meat Feast SOYA/MUSTARD/MILK/GLUTEN Margarita GLUTEN/MILK	Garlic Chicken & Sweetcorn GLUTEN/MILK Margarita GLUTEN/MILK	BBQ Chicken GLUTEN/MILK Margarita GLUTEN/MILK	Chicken Tikka GLUTEN/MILK/SULPHITES Margarita GLUTEN/MILK
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Daily Panini All Contain GLUTEN/MILK	Pepperoni & Cheese SOYA/MUSTARD/MILK/GLUTEN Cheese & Tomato	Sweet Chilli Chicken Cheese & Tomato	Pepperoni & Cheese SOYA/MUSTARD/MILK/GLUTEN Cheese & Tomato	Spicy Chicken Cheese & Tomato	Tuna & Cheese FISH/EGG/MILK/GLUTEN Cheese & Tomato
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AVAILABLE DAILY
Jacket Potatoes with a selection of hot & cold fillings
Sandwiches/Baguettes with a variety of fillings
A selection of fresh fruit, homemade desserts, cakes, bakes & cookies





WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Meal Deal Grab & Go Main

Naples Lasagne with Garlic Bread
GLUTEN/MILK/MUSTARD
MAY CONTAIN EGG/SOYA

American Jumbo Hot Dog & Cajun Wedges
GLUTEN/SOYA/SULPHITES

Roast Gammon Yorkshire Pudding Wrap & Skin on Roast Potatoes
GLUTEN

South Asia Chicken Tikka Marsala served with Cardamon Rice
MAY CONTAIN GLUTEN

Battered Fish
GLUTEN/FISH
Plain Sausage
GLUTEN/SULPHITES

Served with Chips, Beans, Peas, Curry Sauce & Gravy

Meal Deal Grab & Go Vegetarian

Vegan Pasta Bolognaise with Garlic Bread
GLUTEN/SOYA
MAY CONTAIN MILK EGG

Veggie Bean Burger & Cajun Wedges
GLUTEN/SULPHATES/EGG/MILK/SOYA

Cheese and Potato Pie With Gravy & Vegetables
GLUTEN/EGG/MILK/MUSTARD

Goan Sweet Potato and Chickpea Curry with Cardamon Rice
MILK
MAY CONTAIN GLUTEN

Veggie Sausage
SOYA

Served with Chips, Beans, Peas, Curry Sauce & Gravy

Neo Pizza Slice

Pepperoni
SOYA/MUSTARD/MILK/GLUTEN

Margarita
GLUTEN/MILK

Meat Feast
SOYA/MUSTARD/MILK/GLUTEN

Margarita
GLUTEN/MILK

Garlic Chicken & Sweetcorn
GLUTEN/MILK

Margarita
GLUTEN/MILK

BBQ Chicken
GLUTEN/MILK

Margarita
GLUTEN/MILK

Chicken Tikka
GLUTEN/MILK/SULPHITES

Margarita
GLUTEN/MILK

Daily Panini

All Contain GLUTEN/MILK

Pepperoni & Cheese
SOYA/MUSTARD/MILK/GLUTEN

Cheese & Tomato

Sweet Chilli Chicken

Cheese & Tomato

Pepperoni & Cheese
SOYA/MUSTARD/MILK/GLUTEN

Cheese & Tomato

Spicy Chicken

Cheese & Tomato

Tuna & Cheese
FISH/EGG/MILK/GLUTEN

Cheese & Tomato

AVAILABLE DAILY

Jacket Potatoes with a selection of hot & cold fillings

Sandwiches/Baguettes with a variety of fillings

A selection of fresh fruit, homemade desserts, cakes, bakes & cookies





WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Mains

Korean BBQ Chicken Sandwich with Authentic Asian Slaw
GLUTEN/SOYA/SULPHITES
MAY CONTAIN SESAME

Mexican Chilli & Rice with Tortilla Chips, & Cheese
MILK
MAY CONTAIN GLUTEN/SOYA

Sausage & Mash with Gravy
GLUTEN/MILK/SULPHITES

Chicken Tikka Flatbread Kebab, with Minted Yoghurt and Salad
GLUTEN/MILK/EGG

Battered Fish
GLUTEN/FISH
Plain Sausage
GLUTEN/SULPHITES

Served with Chips, Beans, Peas, Curry Sauce & Gravy

Veggie Mains

Sweet Chilli Crispy Quorn Bites & Fried Rice
GLUTEN/SOYA

Tex Mex Chilli Tacos with Cheese
SOYA/MILK
MAY CONTAIN GLUTEN

Cottage Pie with Roasted Root Vegetables and Gravy
MAY CONTAIN GLUTEN

Authentic Vegetable Samosa with Chaat Curry Sauce, Rice and Toppings
GLUTEN/EGG/MILK/SOYA

Veggie Sausage
SOYA

Served with Chips, Beans, Peas, Curry Sauce & Gravy

Daily Pizza Slice

Pepperoni
SOYA/MUSTARD/MILK/GLUTEN

Margarita
GLUTEN/MILK

Meat Feast
SOYA/MUSTARD/MILK/GLUTEN

Margarita
GLUTEN/MILK

Garlic Chicken & Sweetcorn
GLUTEN/MILK
Margarita
GLUTEN/MILK

BBQ Chicken
GLUTEN/MILK

Margarita
GLUTEN/MILK

Chicken Tikka
GLUTEN/MILK/SULPHITES

Margarita
GLUTEN/MILK

Daily Panini

All Contain GLUTEN/MILK

Pepperoni & Cheese
SOYA/MUSTARD/MILK/GLUTEN

Cheese & Tomato

Sweet Chilli Chicken

Cheese & Tomato

Pepperoni & Cheese
SOYA/MUSTARD/MILK/GLUTEN

Cheese & Tomato

Spicy Chicken

Cheese & Tomato

Tuna & Cheese
FISH/EGG/MILK/GLUTEN

Cheese & Tomato

AVAILABLE DAILY

Jacket Potatoes with a selection of hot & cold fillings

Sandwiches/Baguettes with a variety of fillings

A selection of fresh fruit, homemade desserts, cakes, bakes & cookies



BREAK MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAK	Sausage Barm <i>GLUTEN/SOYA/SULPHITES</i>	Cheesy Bean Wrap <i>GLUTEN/MILK</i>	Chicken Burger <i>GLUTEN/SOYA/CELERY</i>	Bacon Barm <i>GLUTEN/SOYA</i>	Sausage Roll <i>GLUTEN/MILK/SOYA/SULPHITES</i>
	Toasted Bagel <i>GLUTEN/MILK</i> MAY CONTAIN SESAME	Crumpets <i>GLUTEN/MILK</i>	Toasted Bagel <i>GLUTEN/MILK</i> MAY CONTAIN SESAME	Crumpets <i>GLUTEN/MILK</i>	Toasted Bagel <i>GLUTEN/MILK</i> MAY CONTAIN SESAME
	Oven baked Hash Browns	Waffle <i>GLUTEN/MILK/Soy</i>	Margherita Pizza Muffin <i>GLUTEN/MILK</i>	Oven baked Hash Browns	Waffle <i>GLUTEN/MILK/Soy</i>