

# MENU SELECTION – WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Meal Deal Grab &amp; Go Main</b>	Tandoori chicken shawarma with slaw & mint yogurt GLUTEN/EGG/MILK/	Beef chilli & rice topped with tortilla chips & cheese MILK MAY CONTAIN GLUTEN	Neapolitan spaghetti carbonara with focaccia bread GLUTEN/MILK/SOYA MAY CONTAIN EGG	Crispy Katsu chicken curry served with rice GLUTEN/MUSTARD	Fish finger butty with ketchup & chips GLUTEN/FISH MAY CONTAIN SESAME
<b>Meal Deal Grab &amp; Go Vegetarian</b>	Squash & spinach roasted pepper Paella	Macaroni cheese & garlic bread GLUTEN/MILK/MUSTARD MAY CONTAIN SOYA	Chinese style vegan mince & crispy vegetable egg fried rice GLUTEN/EGG/SOYA	Italian veggie Bolognese penne pasta with garlic bread CELERY/GLUTEN/SOYA	Cheese pie made with short crust pastry, served with chips GLUTEN/EGG/MILK/MUSTARD
<b>Meal Deal Neo Pizza Slice</b>	Pepperoni GLUTEN/MILK  Margarita GLUTEN/MILK	Meat feast GLUTEN/MILK MAY CONTAIN SOYA  Margarita GLUTEN/MILK	Garlic chicken & sweetcorn GLUTEN/MILK Margarita GLUTEN/MILK	Hawaiian GLUTEN/MILK  Margarita GLUTEN/MILK	Chicken Tikka GLUTEN/MILK  Margarita GLUTEN/MILK
<b>Meal Deal Panini</b>	<b>Panini</b> Cheese & ham GLUTEN/MILK Cheese & tomato GLUTEN/MILK	<b>Panini</b> Meatball marinara GLUTEN/MILK Cheese & tomato GLUTEN/MILK	<b>Panini</b> Pepperoni & cheese GLUTEN/MILK Cheese & tomato GLUTEN/MILK	<b>Panini</b> Spicy chicken GLUTEN/MILK Cheese & tomato GLUTEN/MILK	<b>Panini</b> Tuna & cheese FISH/GLUTEN/MILK Cheese & tomato GLUTEN/MILK

## AVAILABLE DAILY

Jacket potatoes with a selection of hot & cold fillings

Panini bar – tasty hot toasted panini's

Sandwiches/baguettes with a range of fillings

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

# MENU SELECTION – WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Meal Deal Grab &amp; Go Main</b>	Bangers & Mash with roast gravy & peas GLUTEN/MILK/SOYA/SULPHITES MAY CONTAIN CELERY/EGG/MUSTARD	Italian beef lasagne with garlic bread GLUTEN/MILK/MUSTARD	Smokey pulled pork burrito with sweet potato bravas GLUTEN/MILK	Authentic chicken Korma finished with coconut served with rice MUSTARD MAY CONTAIN GLUTEN/NUTS/PEANUTS	Southern fried chicken burger, Cajun wedges relish & sauces GLUTEN/MUSTARD MAY CONTAIN SESAME
<b>Meal Deal Grab &amp; Go Vegetarian</b>	Texas veggie mince chilli tacos topped with cheese EGG/MILK MAY CONTAIN GLUTEN	Italian pesto & roast vegetable spaghetti with garlic bread GLUTEN/MILK	<b>SCOTY CHEF RECIPE</b> Sweet potato & spinach biriyani EGG/MUSTARD MAY CONTAIN NUTS/PEANUTS/MUSTARD	Authentic tomato & basil penne pasta with garlic bread GLUTEN MAY CONTAIN SOYA	Stir-fried sweet chilli veggie 'chicken' noodles GLUTEN/EGG/SOYA/
<b>Meal Deal Neo Pizza slice</b>	Pepperoni GLUTEN/MILK  Margarita GLUTEN/MILK	Meat feast GLUTEN/MILK MAY CONTAIN SOYA  Margarita GLUTEN/MILK/HALAL	Garlic chicken & sweetcorn GLUTEN/MILK Margarita GLUTEN/MILK/HALAL	Hawaiian GLUTEN/MILK  Margarita GLUTEN/MILK	Chicken Tikka GLUTEN/MILK  Margarita GLUTEN/MILK
<b>Meal Deal Panini</b>	<b>Panini</b> Cheese & ham GLUTEN/MILK Cheese & tomato GLUTEN/MILK	<b>Panini</b> Meatball marinara GLUTEN/MILK Cheese & tomato GLUTEN/MILK	<b>Panini</b> Pepperoni & cheese GLUTEN/MILK Cheese & tomato GLUTEN/MILK	<b>Panini</b> Spicy chicken GLUTEN/MILK Cheese & tomato GLUTEN/MILK	<b>Panini</b> Tuna & cheese FISH/GLUTEN/MILK Cheese & tomato GLUTEN/MILK

## AVAILABLE DAILY

Jacket potatoes with a selection of hot & cold fillings

Panini bar – tasty hot toasted panini's

Sandwiches/baguettes with a range of fillings

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

# MENU SELECTION – WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Meal Deal Grab &amp; Go Main</b>	American cheeseburger with dirty wedges GLUTEN/MILK/SOYA MUSTARD/SULPHITES	Chicken pie, herby roast potatoes & peas GLUTEN/EGG/MILK	Toad in the fold Yorkshire pudding wrap GLUTEN/SOYA/SULPHITES MAY CONTAIN CELERY/EGG/MILK/MUSTARD	Chicken Tikka naan kebab GLUTEN/EGG/MILK	Oven baked crispy cod with salt & pepper chips & garden peas GLUTEN/FISH
<b>Meal Deal Grab &amp; Go Vegetarian</b>	Veggie cheeseburger with dirty wedges GLUTEN/MILK/MUSTARD	Indian vegetable & paneer Kathi roll GLUTEN/MILK	Mexican veggie enchilada with Cajun wedges GLUTEN/MILK/MUSTARD	Arrabiata penne pasta with garlic bread GLUTEN MAY CONTAIN SOYA	Red lentil & cheese sausage rolls with chips & peas GLUTEN/EGG/MILK
<b>Meal Deal Neo Pizza</b>	Pepperoni GLUTEN/MILK  Margarita GLUTEN/MILK	Meat Feast GLUTEN/MILK MAY CONTAIN SOYA  Margarita GLUTEN/MILK	Garlic Chicken & Sweet Corn GLUTEN/MILK Margarita GLUTEN/MILK	Hawaiian GLUTEN/MILK  Margarita GLUTEN/MILK	Chicken Tikka GLUTEN/MILK  Margarita GLUTEN/MILK
<b>Meal Deal Panini</b>	<b>Panini</b> Cheese & ham GLUTEN/MILK Cheese & tomato GLUTEN/MILK	<b>Panini</b> Meatball marinara GLUTEN/MILK Cheese & tomato GLUTEN/MILK	<b>Panini</b> Pepperoni & cheese GLUTEN/MILK Cheese & tomato GLUTEN/MILK	<b>Panini</b> Spicy chicken GLUTEN/MILK Cheese & tomato GLUTEN/MILK	<b>Panini</b> Tuna & cheese FISH/GLUTEN/MILK Cheese & tomato GLUTEN/MILK

## AVAILABLE DAILY

Jacket potatoes with a selection of hot & cold fillings

Panini bar – tasty hot toasted panini's

Sandwiches/baguettes with a range of fillings

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

# BREAK MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAK</b>	Bacon barm <i>GLUTEN/SOYA</i>	Sausage barm <i>GLUTEN/SOYA/SULPHITES</i>	Chicken burger <i>GLUTEN/SOYA</i>	Bacon barm <i>GLUTEN/SOYA</i>	Sausage roll <i>GLUTEN</i>
	Toast <i>GLUTEN/MILK/SOYA</i>	Toast <i>GLUTEN/MILK/SOYA</i>	Toast <i>GLUTEN/SOYA/MILK</i>	Toast <i>GLUTEN/SOYA/MILK</i>	Toast <i>GLUTEN/SOYA/MILK</i>
	Crumpets <i>GLUTEN/MILK</i>	Crumpets <i>GLUTEN/MILK</i>	Crumpets <i>GLUTEN/MILK</i>	Crumpets <i>GLUTEN/MILK</i>	Crumpets <i>GLUTEN/MILK</i>
	Toasted bagel & cheese <i>GLUTEN/MILK</i> <b>MAY CONTAIN SESAME</b>	American pancakes <i>GLUTEN/EGGS/MILK</i>	Oven baked hash browns	Toasted tea cakes <i>GLUTEN/MILK</i> <b>MAY CONTAIN SESAME</b>	Raisin & cinnamon bagel <i>GLUTEN/SOYA/EGG/MILK</i> <b>MAY CONTAIN SESAME</b>