## WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Macaroni cheese with sweetcorn £2.10	Pork sausages with mashed potatoes & mixed vegetables £2.65	Roast chicken, stuffing, roast potatoes, carrots & cabbage £2.65	Beef lasagne with green beans or mixed salad £2.10	Fish & chips or Fish fingers & chips £2.10
Vegetarian	Quorn mince, veg & tomato burrito with sweetcorn £2.10	Quorn sausages with mashed potatoes & mixed vegetables £2.65	Quorn roast, stuffing roast potatoes, carrots and cabbage £2.65	Vegetable & mixed bean lasagne with green beans or mixed salad £2.10	Margherita pizza with chips £2.10
Quick Carbs	Jacket potato Pasta	Jacket potato Pasta	Jacket potato Pasta	Jacket potato Pasta	Jacket potato Pasta
Side	Garlic bread 78p	Potato wedges 78p	Roast potatoes & gravy £1.00	Herby diced potatoes / Garlic bread 78p	Chip cone £1.20 Peas / Beans / Curry sauce 78p
Grab 'n' Go	Cheese & tomato panini £2.00	Crispy chicken wrap £2.00	Hot meat or vegetarian baguette £2.00	Popcorn chicken wrap £2.00	Chicken nuggets & chips £2.00  Vegetarian nuggets & chips £2.00
Desserts	Apple crumble & custard 96p	Banana & toffee sponge & custard 96p	Fruit Cheesecake 96p	Chocolate sponge & custard 96p	Chocolate brownie 96p

# WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Sweet & sour vegetable stir-fry with wholegrain rice & spring roll £2.10	Beef chilli & spicy baked wedges with mixed vegetables £2.10	Roast pork, Yorkshire pudding, roast potatoes, cauliflower & carrots £2.65	Sausage pasta bake & broccoli £2.10	Fish & chips Fish cake & chips £2.10
Vegetarian	Cauliflower cheese & pasta bake with sweetcorn & peas £2.10	Vegetable chilli & spicy baked wedges with mixed vegetables £2.10	Quorn roast, Yorkshire pudding, roast potatoes, cauliflower & carrots £2.65	Quorn sausage pasta bake & broccoli £2.10	Margherita pizza & chips £2.10
Quick Carbs	Jacket Potato Pasta	Jacket Potato Pasta	Jacket Potato Pasta	Jacket Potato Pasta	Jacket Potato Pasta
Side	Herby diced potatoes 78p	Loaded jacket skins 78p	Roast potatoes & gravy £1.00	Potato wedges / Garlic bread 78p	Chip cone £1.20 Peas / Beans / Curry sauce 78p
Grab 'n' Go	BBQ vegetarian panini £2.00	Cheese & tomato panini £2.00  Tuna melt panini £2.00	Hot meat or vegetarian baguette £2.00	Crispy chicken wrap £2.00	Pork sausage & chips £2.00
Desserts	Apple & berry crumble & custard 96p	Chocolate brownie & custard 96p	Jam & pineapple sponge & custard 96p	Toffee apple sponge & custard 96p	Chocolate shortbread cookie 96p

## WEEK THREE

		North Still with MYL Joseph Massall Market			
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Course	Salmon, cheese & tomato pasta bake with sweetcorn or salad £2.10	Chicken pie with mashed potato, carrots & cabbage £2.65	Roast turkey, stuffing, roast potatoes & mixed vegetables £2.65	Chicken tikka curry with wholegrain rice & green beans or salad £2.10	Fish & chips Fish fingers & chips £2.10
Vegetarian	Cheese & tomato pasta bake with sweetcorn or salad £2.10	Quorn mince cottage pie with carrots & cabbage £2.65	Quorn roast, stuffing, roast potatoes & mixed vegetables £2.65	Sweet potato & chickpea tikka curry with wholegrain rice & green beans or salad £2.10	Margherita pizza & chips £2.10
Quick Carbs	Jacket Potato Pasta	Jacket Potato Pasta	Jacket Potato Pasta	Jacket Potato Pasta	Jacket Potato Pasta
Side	Cheesy French stick 78p	Spicy wedges 78p	Roast potatoes & gravy £1.00	Naan bread 78p	Chip cone £1.20 Peas / Beans / Curry sauce 78p
Grab 'n' Go	BBQ vegetarian panini £2.00	Pork hotdog / Quorn hotdog £2.00	Hot meat or vegetarian baguette £2.00	Cheeseburger or Vegetable Burger £2.00	Crispy chicken & chips £2.00 Vegetarian nuggets & chips £2.00
Desserts	Mixed fruit crumble & custard 96p	Lemon sponge & custard 96p	Jam tart & custard 96p	Fruit cheesecake 96p	Chocolate brownie 96p

#### AVAILABLE DAILY

**Jacket Potatoes** 

Plain = 90p / 1 Filling = £1.68 / 2 Fillings = £2.46 Filling of the Day = £2.00

Pasta with Homemade Sauce = £1.68

Pasta with Cheese = £1.68

Pasta with Homemade Sauce & Cheese = £2.46

#### MEAL DEAL

Choose from:

Sandwich / Baguette / Pasta Pot / Salad Pot

&

Yoghurt / Fruit Pot / Fruit Bag / Flapjack

&

**Bottle Plain Water** 

£2.70

**Bottle Flavoured Water** 

£3.20

### DAILY BREAKFAST

Fruit smoothie = £1.00

Hot chocolate = 70p

Pain au chocolat/Croissant = £1.00

Bacon bap = £1.25

Vegetarian breakfast wrap (hash brown, scrambled egg & cheese) = £1.20

Vegetarian breakfast muffin (hash brown, egg & cheese) = £1.35

Meat breakfast wrap (bacon, hash brown & cheese) = £1.30

Meat breakfast wrap (bacon, hash brown & cheese) = £1.50

Hash brown = 58p

### BREAK MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Margherita pizza	Margherita pizza	Margherita pizza	Margherita pizza	Margherita pizza
£1.15	£1.15	£1.15	£1.15	£1.15
Ham & cheese toastie £1.00	Bacon bap £1.25	Cheese toastie £1.00	Sausage roll £1.00	Ham & cheese toastie £1.00
Cheese on toast	Pain au chocolat	Cheese on toast	Croissant £1.00	Cheese on toast
84p	£1.00	84p		84p
Crumpet	Crumpet	Crumpet	Crumpet	Crumpet
30p	30p	30p	30p	30p
Hash brown	Hash brown	Hash brown	Hash brown	Hash brown
58p	58p	58p	58p	58p
Fruit pot	Fruit pot	Fruit pot	Fruit pot	Fruit pot
90p	90p	90p	90p	90p
Yoghurt	Yoghurt	Yoghurt	Yoghurt	Yoghurt
60p	60p	60p	60p	60p