

# WEEK ONE

Weeks commencing:

02.09.2024 / 23.09.2024 / 14.10.2024 / 11.11.2024 / 02.12.2024

|                    | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--------------------|---|---|---|---|---|
| <b>Main Course</b> | Macaroni cheese with sweetcorn<br>£2.10                   | Pork sausages with mashed potatoes & mixed vegetables<br>£2.65  | Roast chicken, stuffing, roast potatoes, carrots & cabbage<br>£2.65 | Beef lasagne with green beans or mixed salad<br>£2.10                   | Fish & chips or<br>£2.65  |
| <b>Vegetarian</b>  | Quorn mince, veg & tomato burrito with sweetcorn<br>£2.10 | Quorn sausages with mashed potatoes & mixed vegetables<br>£2.65 | Quorn roast, stuffing roast potatoes, carrots and cabbage<br>£2.65  | Vegetable & mixed bean lasagne with green beans or mixed salad<br>£2.10 | Fish fingers & chips<br>£2.10<br>Margherita pizza with chips<br>£2.10   |
| <b>Quick Carbs</b> | Jacket potato<br>Pasta                                    | Jacket potato<br>Pasta  | Jacket potato<br>Pasta  | Jacket potato<br>Pasta  | Jacket potato<br>Pasta  |
| <b>Side</b>        | Garlic bread<br>80p                                       | Potato wedges<br>80p  | Roast potatoes & gravy<br>£1.00                                     | Herby diced potatoes / Garlic bread<br>80p                              | Chip cone<br>£1.25<br>Peas / Beans / Curry sauce<br>80p                 |
| <b>Grab 'n' Go</b> | Cheese & tomato panini<br>£2.00                           | Crispy chicken wrap<br>£2.00                                    | Hot meat or vegetarian baguette<br>£2.00                            | Popcorn chicken wrap<br>£2.00   | Chicken nuggets & chips<br>£2.00<br>Vegetarian nuggets & chips<br>£2.00 |
| <b>Desserts</b>    | Apple crumble & custard<br>£1.00                          | Banana & toffee sponge & custard<br>£1.00                       | Fruit Cheesecake<br>£1.00   | Chocolate sponge & custard<br>£1.00                                     | Chocolate brownie<br>£1.00  |

# WEEK TWO

Weeks commencing:

09.09.2024 / 30.09.2024 / 28.10.2024 / 18.11.2024 / 09.12.2024

|                    | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY                                     | FRIDAY  |
|--------------------|---|--|--|--|---|
| <b>Main Course</b> | Sweet & sour vegetable stir-fry with wholegrain rice & spring roll<br>£2.10 | Beef chilli & spicy baked wedges with mixed vegetables<br>£2.10      | Roast pork, Yorkshire pudding, roast potatoes, cauliflower & carrots<br>£2.65  | Sausage pasta bake & broccoli<br>£2.10       | Fish & chips<br>£2.65   |
| <b>Vegetarian</b>  | Cauliflower cheese & pasta bake with sweetcorn & peas<br>£2.10              | Vegetable chilli & spicy baked wedges with mixed vegetables<br>£2.10 | Quorn roast, Yorkshire pudding, roast potatoes, cauliflower & carrots<br>£2.65 | Quorn sausage pasta bake & broccoli<br>£2.10 | Fish cake & chips<br>£2.10<br>Margherita pizza & chips<br>£2.10 |
| <b>Quick Carbs</b> | Jacket Potato<br>Pasta  | Jacket Potato<br>Pasta   | Jacket Potato<br>Pasta   | Jacket Potato<br>Pasta                       | Jacket Potato<br>Pasta  |
| <b>Side</b>        | Herby diced potatoes<br>80p   | Loaded jacket skins<br>80p   | Roast potatoes & gravy<br>£1.00  | Potato wedges /<br>Garlic bread<br>80p       | Chip cone<br>£1.25<br>Peas / Beans / Curry sauce<br>80p         |
| <b>Grab 'n' Go</b> | BBQ vegetarian panini<br>£2.00  | Cheese & tomato panini<br>£2.00<br>Tuna melt panini<br>£2.00         | Hot meat or vegetarian baguette<br>£2.00                                       | Crispy chicken wrap<br>£2.00                 | Pork sausage & chips<br>£2.00                                   |
| <b>Desserts</b>    | Apple & berry crumble & custard<br>£1.00                                    | Chocolate brownie & custard<br>£1.00                                 | Jam & pineapple sponge & custard<br>£1.00                                      | Toffee apple sponge & custard<br>£1.00       | Chocolate shortbread cookie<br>£1.00                            |

# WEEK THREE

Weeks commencing:

16.09.2024 / 07.10.2024 / 04.11.2024 / 25.11.2024 / 16.12.2024

|                    | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--------------------|---|--|--|--|--|
| <b>Main Course</b> | Salmon, cheese & tomato pasta bake with sweetcorn or salad<br>£2.10 | Chicken pie with mashed potato, carrots & cabbage<br>£2.65 | Roast turkey, stuffing, roast potatoes & mixed vegetables<br>£2.65 | Chicken tikka curry with wholegrain rice & green beans or salad<br>£2.10                 | Fish & chips<br>£2.65  |
| <b>Vegetarian</b>  | Cheese & tomato pasta bake with sweetcorn or salad<br>£2.10         | Quorn mince cottage pie with carrots & cabbage<br>£2.65    | Quorn roast, stuffing, roast potatoes & mixed vegetables<br>£2.65  | Sweet potato & chickpea tikka curry with wholegrain rice & green beans or salad<br>£2.10 | Fish fingers & chips<br>£2.10<br>Margherita pizza & chips<br>£2.10     |
| <b>Quick Carbs</b> | Jacket Potato<br>Pasta  | Jacket Potato<br>Pasta                                     | Jacket Potato<br>Pasta   | Jacket Potato<br>Pasta   | Jacket Potato<br>Pasta   |
| <b>Side</b>        | Cheesy French stick<br>80p  | Spicy wedges<br>80p  | Roast potatoes & gravy<br>£1.00                                    | Naan bread<br>80p  | Chip cone<br>£1.25<br>Peas / Beans / Curry sauce<br>80p                |
| <b>Grab 'n' Go</b> | BBQ vegetarian panini<br>£2.00                                      | Pork hotdog / Quorn hotdog<br>£2.00                        | Hot meat or vegetarian baguette<br>£2.00                           | Barbeque chicken panini<br>Roasted vegetable & hummus panini<br>£2.00                    | Crispy chicken & chips<br>£2.00<br>Vegetarian nuggets & chips<br>£2.00 |
| <b>Desserts</b>    | Mixed fruit crumble & custard<br>£1.00                              | Lemon sponge & custard<br>£1.00                            | Jam tart & custard<br>£1.00  | Fruit cheesecake<br>£1.00  | Chocolate brownie<br>£1.00   |

# AVAILABLE DAILY

## Jacket Potatoes

Plain = £1.00 / 1 Filling = £1.80 / 2 Fillings = £2.50

Pasta with Homemade Sauce = £1.70

Pasta with Homemade Sauce & Cheese = £2.50

# MEAL DEAL

Choose from:

Sandwich / Baguette / Pasta Pot / Salad Pot

&

Yoghurt / Fruit Pot / Piece of Fruit / Flapjack

&

Bottle Plain Water

£3.20

Bottle Flavoured Water

£3.80

# DAILY BREAKFAST

Fruit smoothie = £1.00

Hot chocolate = 75p

Pastries = £1.00

Bacon bap = £1.25

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

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

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

Meat muffin (bacon or sausage, hash brown & cheese) = £1.50

Hash brown = 60p

# BREAK MENU

| MONDAY                        | TUESDAY                    | WEDNESDAY                      | THURSDAY                  | FRIDAY                        |
|-------------------------------|----------------------------|--------------------------------|---------------------------|-------------------------------|
| Margherita pizza<br>£1.15     | Margherita pizza<br>£1.15  | Margherita pizza<br>£1.15      | Margherita pizza<br>£1.15 | Margherita pizza<br>£1.15     |
| Ham & cheese toastie<br>£1.00 | Bacon bap<br>£1.25         | Cheese toastie<br>£1.00        | Sausage roll<br>£1.00     | Ham & cheese toastie<br>£1.00 |
| Cheese on toast<br>84p        | Pastries<br>£1.00          | Cheese on toast<br>84p         | Pastries<br>£1.00         | Cheese on toast<br>84p        |
| Mini pastries<br>58p          | Warm buttered bagel<br>58p | Ham & cheese baguette<br>£2.00 | Savoury pastries<br>£2.00 | Filled baguettes<br>£2.00     |
| Hash brown<br>60p             | Hash brown<br>60p          | Hash brown<br>60p              | Hash brown<br>60p         | Hash brown<br>60p             |
| Fruit pot<br>90p              | Fruit pot<br>90p           | Fruit pot<br>90p               | Fruit pot<br>90p          | Fruit pot<br>90p              |
| Yoghurt<br>60p                | Yoghurt<br>60p             | Yoghurt<br>60p                 | Yoghurt<br>60p            | Yoghurt<br>60p                |