

# Monday - Break - Week 2

Please ask one of our trained members of staff, for the allergens on today's meals

<b>Plain Battered Chicken Burger</b> Battered chicken fillet in a white bun		£1.70
<b>Battered Chicken Burger with Lettuce and Mayo</b> Battered chicken fillet with sliced lettuce and mayo in a white bun		£1.70
<b>Ham and Cheese Toastie</b> Sliced ham with melted cheese in malted bread and toasted		£1.50
<b>Mixed Cheese Toastie</b> Mozzarella and cheddar cheese in malted bread and toasted		£1.40
<b>Quorn Southern Fried Burger</b> Quorn southern fried style burger with sliced lettuce, tomato and mayo in a white bun		£1.70
<b>Cheese, Pesto and Roasted Pepper Panini</b> Cheese, pesto and roasted peppers in a gluten free panini	 	£2.00
<b>Salt, Chilli and Spring Onion Chips</b> Oven chips sprinkled with salt, chilli and spring onion	 	£1.00
<b>Soup of the Day</b> Optional white baguette with butter		£1.00 50p

# Monday - Lunch - Week 2

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## Main Canteen

### Chilli Con Carne

£2.50

A spicy stew containing chilli peppers, meat, tomatoes, onions and often pinto beans or kidney beans with other seasonings including garlic and cumin, served with either white and brown rice or nachos

### Bean Chilli Con Carne

£2.30

Kidney beans, cannelloni beans and black beans in a spicy stew containing onions, chilli peppers and tomatoes with other seasonings including garlic and cumin, served with white and brown rice or nachos

## Grab and Go

### Deep Dish Margherita Pizza

£2.00

A deep dish pizza base topped with tomato sauce, mozzarella, low fat cheese and tomato pieces

### Deep Dish Pepperoni Pizza

£2.00

A deep dish pizza base topped with tomato sauce, mozzarella and mini pepperoni slices

### Gluten Free Pepperoni Pizza

£2.00

A gluten free pizza base topped with tomato sauce, mozzarella and mini pepperoni slices



# Tuesday - Break - Week 2

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<b>Pepperoni and Cheese Bagel</b> Slices of pepperoni and mixed cheese in a bagel		£1.70
<b>Crispy Chicken Wrap</b> Chicken goujons in a soft wrap with sweet chilli sauce		£2.00
<b>Cheese, Pesto and Roasted Pepper Bagel</b> Cheese, green pesto and roasted peppers in a gluten free bagel		£2.00
<b>Houmous, Spinach and Roasted Pepper Wrap</b> Moroccan houmous with spinach and roasted peppers in a grill marked wrap		£1.40
<b>Hash Browns</b> Grated potato and onion shaped into triangles and cooked until crispy		£1.00
<b>Soup of the Day</b> Optional white baguette with butter		£1.00 50p

# Tuesday - Lunch - Week 2

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## Main Canteen






- |   |       |
|---|-------|
| <b>Hunters Chicken</b>  | £2.50 |
| Chicken breast wrapped in bacon and baked in the oven with BBQ sauce and melted cheese, served with roasted potatoes and vegetables |       |
| <b>Grilled Mushroom and Halloumi Stack</b>  | £2.30 |
| Grilled flat mushrooms topped with halloumi and a lentil topping, served with roasted potatoes and vegetables                       |       |

## Grab and Go

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|---|-------|
| <b>Sausage Roll</b>   | £1.40 |
| Puff pastry rolled around pork sausage meat                     |       |
| <b>Vegan Sausage Roll</b>                                       | £1.20 |
| Savoury vegan filling encased in a pre-glazed flaky pastry roll |       |
| <b>Gluten Free Sausage in a Roll</b>                            | £2.00 |
| A gluten free pork sausage in a gluten free roll                |       |

# Wednesday - Break - Week 2

Please ask one of our trained members of staff, for the allergens on today's meals

<b>Bacon, Hashbrown and cheese Roll</b> Crispy bacon, hashbrown and sliced cheese in a white roll	£1.70
<b>Bacon and Cheese Roll</b> Crispy bacon and sliced cheese in a white roll	£1.40
<b>Bacon Wrap</b> 2 rashers of bacon in a soft tortilla wrap	£1.40
<b>Margherita Pizza</b> A pizza base topped with tomato sauce and grated cheese	 £1.40
<b>Fried egg and Hashbrown Roll</b> A fried egg with a crispy hashbrown in a white roll	 £1.40
<b>Gluten Free Sausage in a Roll</b> A gluten free pork sausage in a gluten free roll	 £2.00
<b>Potato Wedges</b> Seasoned potato wedges	 £1.00
<b>Soup of the Day</b> Optional white baguette with butter	 £1.00 50p



# Wednesday - Lunch - Week 2

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## Main Canteen

Toad in the Hole £2.50

Pork sausages cooked in Yorkshire pudding, served with mashed potatoes, seasonal vegetables and gravy

Quorn Toad in the Hole £2.30

Quorn sausages cooked in Yorkshire pudding, served with mashed potatoes, seasonal vegetables and gravy

## Grab and Go

Cheeseburger £2.00

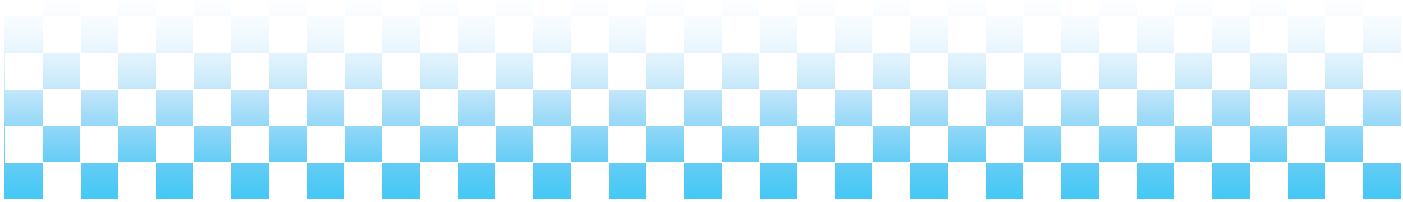
A burger made with British and Irish beef and containing 90% meat content, with sliced cheese and served in a white bun

Hamburger £2.00

A burger made with British and Irish beef and containing 90% meat content, and served in a white bun

Quorn Cheeseburger £1.70

A meat free savoury flavour burger, made with mycoprotein, with sliced cheese and served in a white roll



# Thursday - Break - Week 2

Please ask one of our trained members of staff, for the allergens on today's meals

<b>Bacon and Cheese Turnover</b>		£1.50
A rasher of bacon topped with melted mixed cheese and folded on golden puff pastry		
<b>Cheese and Beans Turnover</b>		£1.40
Baked beans loaded with melted mixed cheese and folded on golden puff pastry		
<b>Sausage Patty Burger with Cheese</b>		£1.50
A herby pork sausage patty with sliced cheese and served in a white roll		
<b>Gluten Free Sausage Patty and Cheese Bagel</b>		0.00
A gluten free sausage patty with sliced cheese and served in a gluten free roll		
<b>Salt, Chilli and Spring Onion Chips</b>	 	£1.00
Oven chips sprinkled with salt, chilli and spring onion		
<b>Soup of the Day</b>		£1.00
Optional white baguette with butter		50p

# Thursday - Lunch - Week 2

Please ask one of our trained members of staff, for the allergens on today's meals

## Main Canteen

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|--|-------|
| <b>Spaghetti Bolognese</b>   | £2.50 |
| Minced beef in a rich tomato ragu, served with spaghetti pasta, garlic bread and salad |       |
| <b>Vegetable Bolognese</b>   | £2.30 |
| Vegetables in a rich tomato ragu served with spaghetti pasta, garlic bread and salad   |       |

## Grab and Go

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|---|-------|
| <b>Chicken, Bacon and Cheese Burger</b>   | £2.00 |
| A crispy chicken burger with bacon and sliced cheese, served in a white roll                          |       |
| <b>Gluten Free Rice and Bean Box</b>  | £2.00 |
| Spicy rice, crunchy chickpeas and a kidney bean salsa with sweet chilli sauce and a mixed salad salsa |       |







# Friday - Break - Week 2

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## Paninis

£1.70




A selection of fillings in a toasted panini

- Ham and Cheese
- Pepperoni and Cheese
- Baked Beans and Cheese 
- Mixed Cheese 

## Paninis

£2.00

A selection of fillings in a toasted panini

- BBQ Chicken
- Brie and Cranberry 
- Gluten Free Pesto, Tomato and Cheese in a gluten free panini  

## Belgium Waffles

£1.00

## Potato Wedges

£1.00

Seasoned potato wedges

## Soup of the Day

£1.00

Optional white baguette with butter

50p



# Friday - Lunch - Week 2

Please ask one of our trained members of staff, for the allergens on today's meals

## Main Canteen

- |  |       |
|--|-------|
| <b>Sweet and Sour Chicken</b>  | £2.50 |
| A mix of chicken breast and chicken balls in a sweet and sour sauce, served with white and brown rice and prawn crackers |       |
| <b>Sweet and Sour Vegetable Noodles</b>  | £2.30 |
| Vegetables and noodles in a sweet and sour sauce   |       |

## Grab and Go

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|---|-------|
| <b>Chicken Goujons and Chips</b>              | £2.00 |
| Gluten free crispy chicken goujons with chips |       |
| <b>Vegetable Fingers and Chips</b>            | £2.00 |
| Golden vegetable fingers and chips            |       |