

# Monday - Break - Week 3

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

Sausage Patty Burger with Cheese £1.50

A herby pork sausage patty with sliced cheese in a white roll

Sausage Patty Burger, with Hashbrown, Egg and Cheese £2.00

A herby pork sausage patty with a hashbrown, fried egg and sliced cheese in a white roll

Sausage Patty Burger £1.40

A herby pork sausage patty in a white roll

Quorn Patty Burger with Hashbrown and Cheese £1.70

A meat free sausage flavour patty, made with mycoprotein, with a hashbrown and

Garlic Bread £1.00

Potato Rosti £1.00

Soup of the Day £1.00

Optional white baguette with butter

50p



# Monday - Lunch - Week 3

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## Main Canteen


Mexican Tacos and Rice £2.50

Two Shell tacos filled with lightly spiced mincemeat, with topping of salsa, grated cheese and guacamole, and a side of rice and roasted vegetables

Mexican Tacos and Rice  £2.30

Two Shell tacos filled with lightly spiced roasted vegetables t, with topping of salsa, grated cheese and guacamole, and a side of rice and salad

## 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

Gluten Free Pepperoni Pizza  £2.00

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





# Tuesday - Break - Week 3

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

## 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
- Gluten Free Pesto, Tomato and Cheese in a gluten free panini  

## Potato Wedges

£1.00

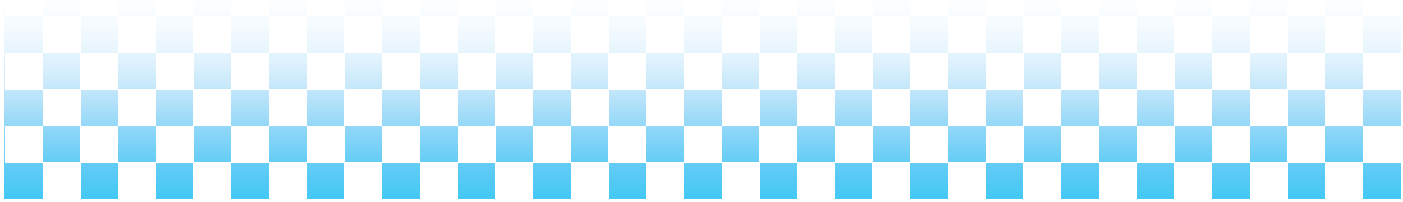
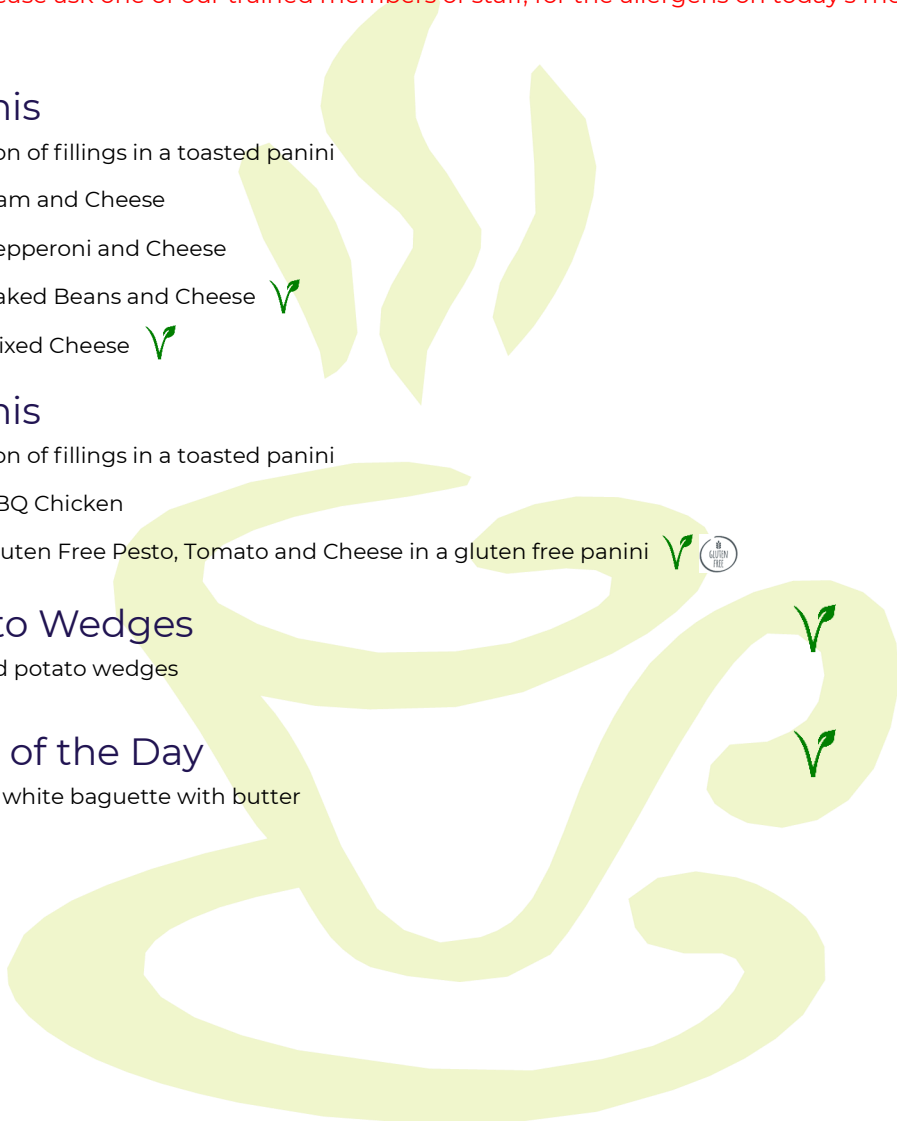
Seasoned potato wedges

## Soup of the Day

£1.00

Optional white baguette with butter

50p





# Tuesday - Lunch - Week 3

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

## Main Canteen

Sausage and Mash £2.50

Two pork sausage with creamy mash potatoes, peas, and gravy

Quorn Sausage and Mash  £2.30

Two Quorn sausage with creamy mash potatoes, peas, and gravy

## Grab and Go

Loaded Fries £2.00

- Curried chicken with mango chutney
- Bacon and Cheese

Loaded Fries  £1.50

- Cheese and Salsa
- 

# Wednesday - Break - Week 3

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

<b>Bacon, Hashbrown and Cheese Wrap</b> Rashers of bacon with a hashbrown and sliced cheese, served in a wrap	£1.70
<b>Bacon and Hashbrown Wrap</b> Rashers of bacon with a hashbrown, served in a wrap	£1.50
<b>Ham and Cheese Wrap</b> Sliced gammon ham with melted mixed cheese in a wrap	£1.50
<b>Fried Egg and Hashbrown Wrap</b> A fried egg and a hashbrown, served in a wrap	✓ £1.50
<b>Cheese Wrap</b> Melted mixed cheese served in a wrap	✓ £1.40
<b>Cinnamon and Raisin Bagel</b> A sliced cinnamon and raisin bagel served with butter and jam	✓ £1.00
<b>Potato Rosti</b>	✓ £1.00
<b>Garlic Bread</b>	✓  £1.00
<b>Soup of the Day</b> Optional white baguette with butter	£1.00 50p



# Wednesday - Lunch - Week 3

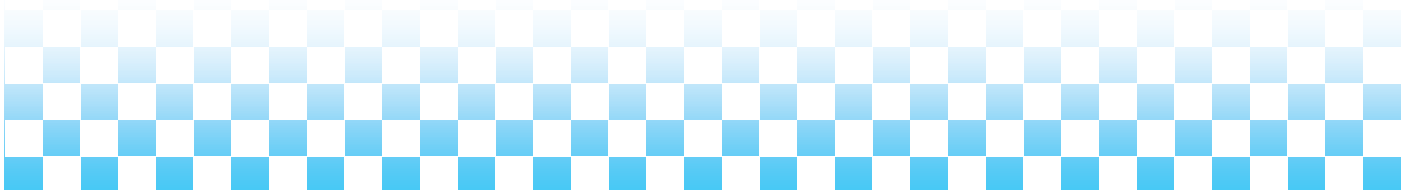
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## Main Canteen

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|---|-------|
| <b>Open Chicken Burrito</b>   | £2.50 |
| Seasoned chicken breast with vegetable rice, coleslaw, lettuce, tomatoes, cheese, and chili sauce     |       |
| <b>Open Roasted Vegetable Burrito</b>   | £2.30 |
| Seasoned roasted vegetables with vegetable rice, coleslaw, lettuce, tomatoes, cheese, and chili sauce |       |

## Grab and Go

- |  |       |
|--|-------|
| <b>Vegetable Chow Mein</b>                                     | £2.00 |
| Box of Vegetable chow mein noodles, served with prawn crackers |       |
| <b>Hashbrowns with Dips</b>                                    | £1.40 |
| Three hash browns with tomato ketchup and maple syrup dip      |       |



# Thursday - Break - Week 3

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

<b>Chicken Burger</b> A battered chicken fillet served in a white roll		£1.70
<b>Chicken, Lettuce and Mayo Burger</b> A battered chicken fillet with sliced lettuce and mayonnaise, served in a white roll		£1.70
<b>Margherita Pizza Muffin</b> Layered pizza sauce and mixed cheese served in a toasted breakfast muffin		£1.40
<b>Tortilla Protein Egg Cup</b> A crispy tortilla cup filled with two eggs, peppers, spinach and tomatoes		£1.40
<b>Potato Rosti</b>	 	£1.00
<b>Garlic Bread</b>		£1.00
<b>Soup of the Day</b> Optional white baguette with butter		£1.00 50p



# Thursday - Lunch - Week 3

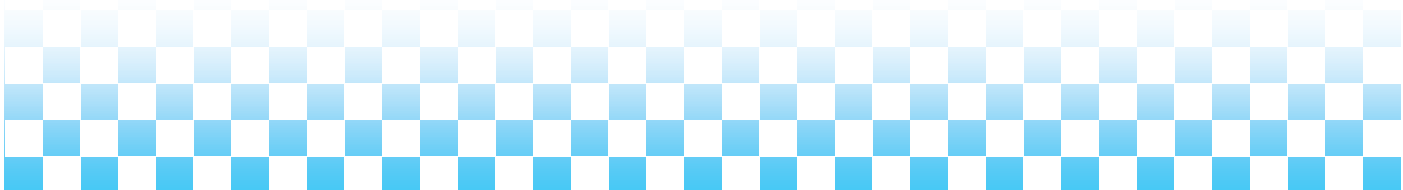
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## Main Canteen

- |  |       |
|--|-------|
| <b>Cajun Chicken Wrap</b>  | £2.50 |
| Spiced Cajun chicken in a soft tortilla wrap with coleslaw, served with either salad or vegetables |       |
| <b>Halloumi &amp; butternut squash risotto bake</b>  | £2.30 |
| Oven baked butternut squash with fired halloumi, baked in the oven with creamy                     |       |

## Grab and Go

- |   |       |
|---|-------|
| <b>Cheeseburger</b>   | £2.00 |
| A burger made with British and Irish beef and containing 90% meat content, with sliced cheese and served in a white bun |       |
| <b>Hamburger</b>  | £2.00 |
| A burger made with British and Irish beef and containing 90% meat content, and  |       |
| <b>Quorn Cheeseburger</b>   | £1.70 |
| A meat free savoury flavour burger, made with mycoprotein, with sliced cheese and                                       |       |









# Friday - Break - Week 3

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

## Mezzaluna Bread

£1.70

A half-moon folded flatbread made with extra virgin olive oil and stuffed with:

- Ham and Cheese
- Pepperoni and Cheese
- Pesto, Cheese and Tomato 
- Cheese 

## Mezzaluna Bread

£2.00

A half-moon folded flatbread made with extra virgin olive oil and stuffed with:

- Chicken, pesto and cheese

## Belgium Waffles

£1.00

## Potato Wedges

£1.00

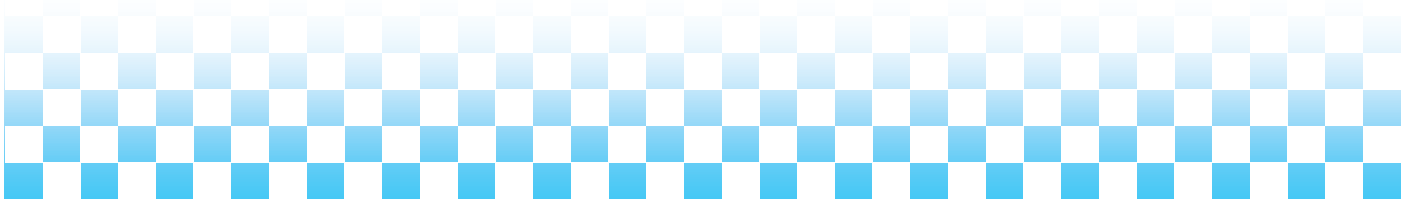
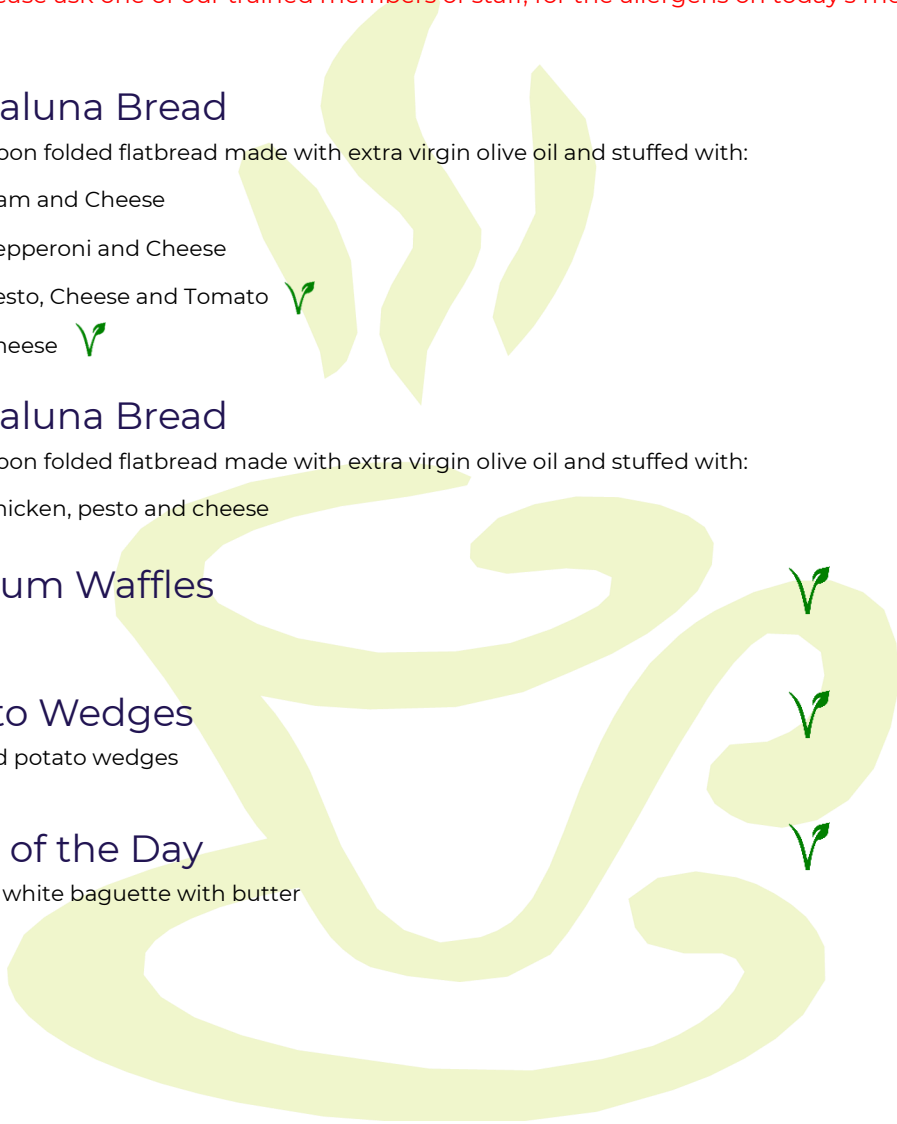
Seasoned potato wedges

## Soup of the Day

£1.00

Optional white baguette with butter

50p





# Friday - Lunch - Week 3

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

## Main Canteen

Chicken Nuggets £2.50

Breaded chicken nuggets served with chip, peas, or beans bread


Fishless Fingers  £2.30

Fish free savoury flavour fingers, made with mycoprotein, coated in s crispy breadcrumb served with chip, peas, or beans

## Grab and Go

Sausage Roll £1.40

Vegan Roll  £1.20

Gluten Free Sausage in a Roll  £2.00

A gluten free pork sausage served in a gluten free roll

