#### Monday break week 3

#### Plain battered chicken burger £1.70

Battered chicken fillet in a white bun

### Battered chicken burger and mayonnaise £1.70

Battered chicken fillet with mayo in a white bun

#### Quorn southern fried burger £1.70

Meat free savoury burgers, made with mycoprotein, in a southern style coating with mayonnaise tomato and lettuce

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Two slices of farmhouse toast with butter and jam or chocolate sauce £1.20

Wedges £1.00

### Monday Lunch week 3 Main Canteen

### All main meals £2.70 Mexican tacos and rice

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

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#### Mexican tacos and rice

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

#### Grab & Go

Slice of Cheese & tomato pizza £1.40

Slice of Cheese & pepperoni pizza £1.50

Gluten free cheese and pepperoni pizza £1.50

#### Tuesday Break - Week 3

Paninis £2.00

Ham and cheese

Pepperoni and cheese

Baked Beans and cheese

**Mixed Cheese** 

Gluten free pepperoni and ham

Sweet chilli chicken

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Hash browns £1.00

# Tuesday lunch Grab & Go Week 3 Pasta

Gluten free £1.00
Plain 80p
Grated cheese £1.50
Tomato sauce £1.50
Carbonara Sauce £1.50

Jacket potatoes £2.00

Beans
Just cheese
Cheese and beans
Grab & Go nachos

Loaded bacon and cheese £2.00

Chopped crispy bacon and mixed cheese loaded on top of nachos

#### BBq and cheese nachos £1.50

BBQ sauce over corn nachos topped with mixed cheese Please see the daily matrix for the allergies, or ask one of the catering team

#### Wednesday Break - Week 3

### Beef patty burger with cheese £1.70

Cooked seasoned 2oz beef burgers with added textured soya protein with sliced cheese in a white roll optional tomato and lettuce

#### Beef patty burger £1.50

Cooked seasoned 2oz beef burgers with added textured soya protein in a white roll

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# Fried egg, hash brown and sliced cheese roll £1.70

Fried free-range egg, with hashbrown and sliced cheese in a white roll

### Gluten free sausage patty and cheese roll £1.70

Herby pork sausage patty with sliced cheese in a gluten free roll white roll

Hot Pretzels £1.20 Potato rosti £1.00

### Wednesday Lunch week 3 Main Canteen

#### All main meals £2.70 Chicken and chorizo rice

White and brown rice mixed with Sautéed onion, garlic, tender chicken thighs, sweet red peppers, smoky chorizo, and fresh parsley served with peas

### Spicy cauliflower and halloumi rice

White and brown rice mixed with Sautéed onion, fried cauliflower garlic, fried halloumi, sweet red peppers, smoky paprika, spinach and fresh parsley served with peas

#### Grab & Go

### Cheesy garlic bread with dips £1.50

Three pieces of cheesy garlic bread with BBQ sauce and garlic and chive dip

#### Salt and chilli chips £1.50

Sliced red and green chillies with spring onion, fried with Chinese five spice and other spices all mixed with oven chips

#### Thursday Break- Week 3

# Bacon, hashbrown, and cheese wrap £2.00

Slice of crispy bacon, with a hash brown in a grill marked wrap optional cheese

#### H.L.T wrap £1.70

Fried halloumi, lettuce, and tomato with sweet chilli sauce in a grill marked wrap

### Croissant with jam and butter or chocolate sauce £1.20

Butter croissant with a pot of jam or homemade chocolate spread with butter

### Gluten free chicken goujons with pot of ketchup £2.00

Three crispy chicken goujons with a pot of tomato ketchup

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#### Hashbrown £1.00

# Thursday Lunch Week 3 Main Canteen

#### All meals £2.70 Cajun chicken loaded fries

Sliced Cajun chicken, garlic mayo, salsa, sweetcorn, or salad on loaded on fries

### Loaded Tex Mex sweet potato fries

Paprika sweet potato fries baked in the oven, loaded with kidney beans, chickpea, salsa, sweetcorn, cheese, and garlic mayo

#### Grab & Go Loaded mac and cheese

All £1.70 Crispy bacon

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Fried onions

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Salsa

### <u>Friday Break - Week 23</u> <u>Paninis £2.00</u>

Ham and cheese
Pepperoni and cheese
Baked Beans and cheese
Mixed Cheese
Gluten free ham and cheese
BBQ chicken

Gluten free sugar pancakes £1.20 Belgium waffles £1.00

Wedges £1.00

#### Friday Grab & Go lunch week 2

Pasta
Gluten free £1.00
Plain 80p
Grated cheese £1.50
Tomato sauce £1.50
Red pepper, smoked paprika and chilli sauce £1.50
Jacket potatoes £2.00
Beans
Just cheese
Cheese and beans

Cheese and beans
Tuna sweet corn mayo
Grab and go
Sausage rolls £1.40

Puff pastry rolled around pork sausage meat

#### Vegan rolls £1.20

Savoury vegan filling encased in a pre-glazed, flaky pastry roll

# Gluten free chicken goujons and ketchup £2.00

Three crispy chicken goujons with a pot of tomato ketchup