

# BREAK MENU

| Week 1 & 2         | MONDAY                            | TUESDAY                                            | WEDNESDAY                                      | THURSDAY                                       | FRIDAY             |
|--------------------|-----------------------------------|----------------------------------------------------|------------------------------------------------|------------------------------------------------|--------------------|
| <b>MAIN DISHES</b> | Popcorn Chicken<br>(G,MK)         | Ciabatta Chicken<br>Pizza with Hot Sauce<br>(G,MK) | BBQ Chicken and Jalapeño<br>Baguette<br>(G,MK) | Cuban Chicken wraps with<br>salad<br>(G,MK,SO) | Lunch Menu on sale |
| Price              | £2.50                             | £2.00                                              | £3.00                                          | £2.50                                          |                    |
| <b>VEGETARIAN</b>  | Cheese on Toast<br>(G,MK)         | Cheese on Toast<br>(G,MK)                          | Cheese on Toast<br>(G,MK)                      | Cheese on Toast<br>(G,MK)                      |                    |
| Price              | £1.00                             | £1.00                                              | £1.00                                          | £1.00                                          |                    |
| <b>CROISSANTS</b>  | Chocolate Croissants<br>(G,MK,SO) | Chocolate Croissants<br>(G,MK,SO)                  | Chocolate Croissants<br>(G,MK,SO)              | Chocolate Croissants<br>(G,MK,SO)              |                    |
| Price              | £1.50                             | £1.50                                              | £1.50                                          | £1.50                                          |                    |
| <b>YOGHURT</b>     | Yoghurt & Granola<br>Pots (G,MK)  | Yoghurt & Granola<br>Pots (G,MK)                   | Yoghurt & Granola<br>Pots (G,MK)               | Yoghurt & Granola<br>Pots (G,MK)               |                    |
| Price              | £1.50                             | £1.50                                              | £1.50                                          | £1.50                                          |                    |

## ALLERGENS

CE = Celery  
CU = Crustacean  
E = Eggs  
F = Fish  
G = Gluten

L = Lupin  
MK = Milk  
MO = Mollusc  
MU = Mustard  
N = Nuts

P = Peanuts  
SE = Sesame  
SO = Soya  
SU = Sulphites



# LUNCH MENU

| Week 1               | MONDAY                                                                 | TUESDAY                                                                | WEDNESDAY                                                              | THURSDAY                                                               | FRIDAY                                                                 |
|----------------------|------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------------|
| <b>MAIN DISHES</b>   | Beef Lasagne<br>Garlic Bread<br>(G,MK,E)                               | Piri Piri Roast<br>Chicken & trimmings<br>(G,MK)                       | Chicken Fajita with<br>Potato Wedges & Salad<br>(G,MK)                 | BBQ Chicken<br>& Spicy Rice<br>(G,MK,E)                                | Battered Fish<br>Chicken Strips<br>(F,G,SO,CE)                         |
| PRICE                | £2.50                                                                  | £2.50                                                                  | £2.50                                                                  | £2.50                                                                  | £2.50                                                                  |
| <b>VEGETARIAN</b>    | Quorn & Spinach Lasagne<br>Garlic Bread<br>(G,MK,E,SO)                 | Vegetable Puff<br>& Trimmings<br>(G,MK)                                | Roasted Veg, Chickpeas<br>& Halloumi with wedges<br>(G,MK)             | Mac & cheese<br>Garlic Bread<br>(MK,G,E)                               | Pizza & Chips,<br>Beans or Salad<br>(G,MK)                             |
| PRICE                | £2.50                                                                  | £2.50                                                                  | £2.50                                                                  | £2.50                                                                  | £2.50                                                                  |
| <b>JACKET POTATO</b> | Jacket Potato + Filling<br>(MK)                                        | Jacket Potato + Filling<br>(MK)                                        | Jacket Potato + filling<br>(MK)                                        | Jacket Potato + filling<br>(MK)                                        |                                                                        |
| PRICE                | £1.95                                                                  | £1.95                                                                  | £1.95                                                                  | £1.95                                                                  |                                                                        |
| <b>PASTA KING</b>    | Pasta King<br>(MK,G)                                                   | Pasta King<br>(MK,G)                                                   | Pasta King<br>(MK,G)                                                   | Pasta King<br>(MK,G)                                                   |                                                                        |
| PRICE                | £2.50                                                                  | £2.50                                                                  | £2.50                                                                  | £2.50                                                                  |                                                                        |
| <b>DESSERT</b>       | Cakes (E,MK,G) (£0.80)<br>Fruit Pots (£1.50)<br>Piece of Fruit (£0.60) | Cakes (E,MK,G) (£0.80)<br>Fruit Pots (£1.50)<br>Piece of Fruit (£0.60) | Cakes (E,MK,G) (£0.80)<br>Fruit Pots (£1.50)<br>Piece of Fruit (£0.60) | Cakes (E,MK,G) (£0.80)<br>Fruit Pots (£1.50)<br>Piece of Fruit (£0.60) | Cakes (E,MK,G) (£0.80)<br>Fruit Pots (£1.50)<br>Piece of Fruit (£0.60) |

Filling choices Cheese and Beans

## ALLERGENS

|                 |              |                |
|-----------------|--------------|----------------|
| CE = Celery     | L = Lupin    | P = Peanuts    |
| CU = Crustacean | MK = Milk    | SE = Sesame    |
| E = Eggs        | MO = Mollusc | SO = Soya      |
| F = Fish        | MU = Mustard | SU = Sulphites |
| G = Gluten      | N = Nuts     |                |



**LUNCH MEAL DEAL £3.00**  
(includes hot meal,  
plus a water/carton and  
piece of fruit or cake)



# LUNCH MENU

| Week 2               | MONDAY                                               | TUESDAY                                             | WEDNESDAY                                                        | THURSDAY                                     | FRIDAY                                          |
|----------------------|------------------------------------------------------|-----------------------------------------------------|------------------------------------------------------------------|----------------------------------------------|-------------------------------------------------|
| <b>MAIN DISHES</b>   | Chicken or Pork Sausage<br>With wedges<br>(G,SU)     | Chicken and Spinach Curry,<br>Rice & Naan<br>(G,MK) | Beef burger, salad<br>& Roasted New Potatoes<br>(G,MK,SO,SU)     | Meatballs, Pasta and Salad<br>(G)            | Battered Fish<br>Chicken Gougons<br>(F,G,SO,CE) |
| PRICE                | £2.50                                                | £2.50                                               | £2.50                                                            | £2.50                                        | £2.50                                           |
| <b>VEGETARIAN</b>    | Quorn sausages with<br>mash and Gravy<br>(E,G,MK,SO) | Vegetable Curry, Rice<br>& Naan<br>(G,MK)           | Spicy Bean Burgers, Salad<br>Roasted New Potatoes<br>(G,E,MK,SE) | Quorn Meatballs, Pasta<br>and Salad (G)      | Pizza & Chips,<br>Beans or Salad<br>(G,MK)      |
| PRICE                | £2.50                                                | £2.50                                               | £2.50                                                            | £2.50                                        | £2.50                                           |
| <b>JACKET POTATO</b> | Jacket Potato + filling<br>(MK)                      | Jacket Potato + Filling<br>(MK)                     | Jacket Potato + Filling<br>(MK)                                  | Jacket Potato + Filling<br>(MK)              |                                                 |
| PRICE                | £1.95                                                | £1.95                                               | £1.95                                                            | £1.95                                        |                                                 |
| <b>PASTA KING</b>    | Pasta King<br>(MK,G)                                 | Pasta King<br>(MK,G)                                | Pasta King<br>(,MK,G)                                            | Pasta King<br>(MK,G)                         |                                                 |
| PRICE                | £2.50                                                | £2.50                                               | £2.50                                                            | £2.50                                        |                                                 |
| <b>DESSERT</b>       | Cakes (E,MK,G) (£0.80)<br>Fruit Pots (£1.50)         | Cakes (E,MK,G) (£0.80)<br>Fruit Pots (£1.50)        | Cakes (E,MK,G) (£0.80)<br>Fruit Pots (£1.50)                     | Cakes (E,MK,G) (£0.80)<br>Fruit Pots (£1.50) | Cakes (E,MK,G) (£0.80)<br>Fruit Pots (£1.50)    |

Filling choices Cheese and Beans, Chicken Mayo or Tuna Sweetcorn

## ALLERGENS

|                 |              |                |
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