BREAK MENU

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

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	B = Barley O = Oats

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

BIDFOOD ALLERGEN CHART

PASTA KING ALLERGEN CHART

ANCHOR ALLERGEN CHART

LUNCH MENU

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

Filling choices Cheese and Beans

ALLERGENS			
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LUNCH MEAL DEAL £3.00
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BIDFOOD ALLERGEN CHART

PASTA KING ALLERGEN CHART

ANCHOR ALLERGEN CHART

LUNCH MENU

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISHES	Chicken or Pork Sausage With wedges (G,SU)	Chicken and Spinach Curry, Rice & Naan (G,MK)	Beef burger, salad & Roasted New Potatoes (G,MK,SO,SU)	Meatballs, Pasta and Salad (G)	Battered Fish Chicken Gougons (F,G,SO,CE)
PRICE	**£2.50**	**£2.50**	**£2.50**	**£2.50**	**£2.50**
VEGETARIAN	Quorn sausages with mash and Gravy (E,G,MK,SO)	Vegetable Curry, Rice & Naan (MK,N)	Spicy Bean Burgers, Salad Roasted New Potatoes (G,E,MK,SE)	Quorn Meatballs, Pasta and Salad (G, SO,)	Pizza & Chips, Beans or Salad (G,MK)
PRICE	**£2.50**	**£2.50**	**£2.50**	**£2.50**	**£2.50**
JACKET POTATO	Jacket Potato + filling (MK)	Jacket Potato + Filling (MK)	Jacket Potato + Filling (MK)	Jacket Potato + Filling (MK)	
PRICE	**£1.95**	**£1.95**	**£1.95**	**£1.95**	
PASTA KING	Pasta King (MK,G)	Pasta King (MK,G)	Pasta King (,MK,G)	Pasta King (MK,G)	
PRICE	**£2.50**	**£2.50**	**£2.50**	**£2.50**	
DESSERT	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)	Cakes (E,MK,G) (£0.80) Fruit Pots (£1.50) Piece of Fruit (£0.60)

Filling choices Cheese and Beans

ALLERGENS			
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