

Breakfast		Lunch		Grab & Go		Salad Bar / Drinks	
Item	Price	Item	Price	Item	Price	Items	Price
Cereal	£0.35	Soup	£0.60	Sandwich	£1.65	Salad Bowl	£1.85
Toast	£0.30	Soup roll	£0.30	Wraps	£1.65	Salad portion	£0.60
Croissant	£0.40	Meal of the day to include veg & potato	£2.05	Pasta bowls	£1.85	Cold meat salad	£2.70
Pain au Chocolat	£0.50	Main Course	£1.70	Protein pot	£1.20	Protein portion	£0.85
Jambon	£0.85	Healthy option	£1.85	Fruit selection pots	£0.95	Rice/Cous cous	£0.70
Omelette	£0.85	Sausage roll	£0.70	Granola pot	£1.15	Wheaten bread slice	£0.25
Sausage Roll	£0.70	Beef burger	£1.40	Yoghurt pot	£0.50	Open sandwich	£2.60
Soda toasted	£0.30	Chicken burger	£1.70	Rice pot	£0.45		
Pancake	£0.25	Chicken Goujons	£0.50	Trifle pot	£0.45	Aqua water	£0.85
Potato Bread	£0.30	Fish	£1.80	Dessert sponge cake selection	£2.50	Calypso	£0.30
Wheaten slice	£0.25	Hot Dog	£0.70	Mousse selection	£0.50	Drench	£1.07
Bacon	£0.40	Jumbo Hot Dog	£1.50	Doughnuts	£0.80	CR orange/apple	£0.50
Sausage	£0.40	Pizza Slice	£1.30	Belvita	£0.40	Still water 330mls	£0.45
Egg	£0.35	Spring rolls 2	£1.70	Cookie	£0.35	Still water 500mls	£0.75
Breakfast bap 2 item	£1.20	Potato wedges	£0.85	Finn Mccool traybake	£0.80	Viva milk shake	£0.45
Breakfast bap 3 item	£1.60	Baked potato	£0.90	Nutrigrain Bars	£0.55	Small milk	£0.25
Porridge	£0.80	Quiche	£1.00	Cereal bars	£0.50	Pint of milk	£0.50
Soft bap	£0.40	Chips	£1.45	Biscuit pack	£0.35	Americano	£0.40
Beans	£0.	Potato	£0.45	Muffins	£0.50	Tea	£0.35
Piece of fruit	£0.35	Vegetables	£0.45	Popcorn	£0.75	Latte	£0.65
Granola	£1.15	Curry/Gravy sauce	£0.45	Oatmeal biscuits	£0.40	Cappucino	£0.65
		Hot Baguette	£2.20	Baked Crisp	£0.65		
		Panini	£2.20	Piece of Fruit	£0.35		
		Half Panini	£1.20	Tomato Sauce	£0.12		
		Hot Wrap		HP Sauce	£0.15		
		Sandwiches	£1.65	PC Jam	£0.12		
		Cold Wrap	£1.65	Butter portion	£0.12		
				Marmalade	£0.12		



Aug-18

B Healthy Day

RED MEAT FREE DAY

B Healthy Day

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Traditional Vegetable Broth	Potato & Onion	Cream of Celery	Leek & Potato	Traditional Vegetable Broth
<b>From the Café</b>	Daily selection of freshly made Salads and Protein Pots, Hot Panini's, Ciabatta & freshly prepared Sandwiches & Wraps				
<b>Meal of the day £2.05</b>	<b>Meatball Marinara</b> served with Pasta Twists	<b>Grilled Pork Loin</b> with fresh parsley, lime & chilli glaze served with veg & potatoes	<b>Chicken Curry</b> Served with Braised Rice	<b>Stuffed Chicken &amp; Bacon</b> served with veg & potato	<b>Oven Baked Breaded Cod</b> Lemon Mayonnaise served with mushy peas & potatoes
<b>Main Dish only £1.70</b>	<b>Chicken &amp; Ham Pie</b> Topped with Creamed Potato	<b>Baked Chicken Goujons</b> with Sweet Chilli Sauce	<b>Chargrilled Chicken Fillet</b> in a floury bap with chunky coleslaw	<b>Pulled Pork</b> in a tangy BBQ sauce served in ciabatta	<b>Grilled Steak Burger</b> Served in a Floury Bap
<b>Healthy Choice £1.85</b>	<b>Tuna Pasta Bake</b> Flaked tuna in a béchamel sauce with pasta shells & topped with cheese	<b>Roast Vegetable Pasta Bake</b> Roasted vegetables in a cream sauce topped with breadcrumbs	<b>Chilli Chicken Pasta</b> Diced fillet of chicken in a chili tomato sauce with penne pasta	<b>Pasta Italian</b> Tri colour pasta spirals in a Italian herb sauce	<b>Chicken Tikka</b> Pasta
<b>Snack</b>	<b>Spring Rolls</b> Baked & served with Sweet Chilli Dip	<b>Dressed Chicken Burger</b> served in a bap	<b>Baked Potato Stuffed</b> with Tuna & Red Onion	<b>Cheese &amp; Tomato Pizza</b>	<b>Jumbo Sausage Roll</b>
<b>Sides</b>	Baby Boiled Potatoes Garden Peas Baby Carrots	Boiled Potato Buttered Turnip Sweetcorn	Mashed Potato Thick Cut Chips Broccoli & Carrots	Oven Baked Potato Wedges Creamed Potato Carrots Baton	Mashed Potato Mushy Peas Glazed Carrots Chips
<b>Dessert</b>	Apple Tart & Custard	Lemon Sponge & Custard	Cornflake Tart & Custard	Iced Jam Sponge & Custard	Chocolate Sponge & Custard

CHILLED DRINKING WATER IS AVAILABLE THROUGHOUT LUNCH SERVICE



# CANTEEN Week 2 Menu



B Healthy Day

RED MEAT FREE DAY

B Healthy Day

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Traditional Vegetable Broth	Cream of Carrot & Coriander Soup	Traditional Vegetable Broth	Cream of chicken	Traditional Vegetable Broth
<b>From the Café</b>	Daily selection of freshly made Salads and Protein Pots, Hot Panini's, Ciabatta & freshly prepared Sandwiches & Wraps				
<b>Meal of the Day £2.05</b>	<b>Savoury Chicken Crumble</b> Diced Chicken in a white sauce with a savoury crumble top served with veg & potato	<b>Roast Chicken</b> with Wholemeal Stuffing served with veg & potato	<b>Traditional Chicken Curry</b> served with Saffron Rice	<b>Creamy Peppered Beef</b> Diced lean beef in a creamy peppercorn sauce served with Boiled Rice	<b>Oven Baked Breaded Fish</b> served with veg & potatoes
<b>Main Dish only £1.70</b>	<b>Baked Gammon Steak</b> with Pineapple Ring	<b>Breaded Oven Baked Chicken Goujons</b> Served with a Sweet Chilli Dip	<b>Freshly Breaded Chicken Kiev</b>	<b>Chicken &amp; Ham Pie</b> Diced chicken & baked ham in a white sauce topped with puff pastry	<b>Lasagne au Gratin</b> Lean mince beef with vegetables, layered with sheets of pasta & cheese sauce
<b>Healthy Option £1.85</b>	<b>Macaroni Cheese</b>	<b>Tomato &amp; Basil Pasta Bake</b> with cheesy topping	<b>Tuna Pasta</b> Flaked Tuna In a béchamel Sauce with pasta shells topped with cheese	<b>Pasta Carbonara Tagliatelle</b> tossed in a bacon & cream sauce	<b>Italian Tri-colour pasta</b> in a Italian herb sauce
<b>Snack of the Day</b>	<b>Sausage Roll</b> Served with Baked Beans	<b>Homemade Scotch Egg</b>	<b>Vegetable spring rolls</b> served with sweet chill sauce	<b>Pizza Slice</b> with various toppings	<b>Dressed Chicken Burger</b> served in bap
<b>Sides</b>	Baby Boiled Potatoes Chipped Potatoes Baked Beans Honey Glazed Carrots	Champ Braised Cabbage Sweet corn	Mashed Potato Garden Peas Mixed Green Salad Baked Herb Diced Potatoes	Creamed Potato Green Beans Carrots Chips	Mashed Potato Baked Spicy Potato Wedges Garden Peas
<b>Dessert</b>	Chocolate Cracknel & Custard	Jam Sponge & Custard	Creamed Rice Pudding with Jam Sauce	Chocolate Cake & Custard	Cornflake Tart & Custard

CHILLED DRINKING WATER IS AVAILABLE THROUGHOUT LUNCH SERVICE



Aug-18

B Healthy Day

RED MEAT FREE DAY

B Healthy Day

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Vegetable Soup	Potato & Onion Soup	Cream of Vegetable Soup	Celery Soup	Vegetable Soup
<b>From the Café</b>	Daily selection of freshly made Salads and Protein Pots, Hot Panini's, Ciabatta & freshly prepared Sandwiches & Wraps				
<b>Meal of the day £2.05</b>	<b>Beef Curry</b> Tender pieces of steak cooked and served in Curry sauce, served with Rice	<b>Homemade Cottage Pie</b> Lean Minced Beef with onion & veg topped with potato served with veg & potato	<b>Spiced Chicken</b> Butterfly fillet of chicken in spices and griddled served with veg & potato	<b>Peppered Chicken,</b> A Fillet of chicken in a creamy Pepper Sauce	<b>Traditional Chicken Curry</b> served with Rice
<b>Main Dish Only £1.70</b>	<b>Chicken Fricassee</b> Diced chicken in onion mushroom & peppers in a white sauce with a savoury crumble top	<b>Honey Baked Ham</b>	<b>Chicken Vol-vent</b>	<b>Beef Bourguignon</b> tender cubes of lean beef in a rice onion & vegetable jus	<b>Baked Fish of the Day</b> served with Lemon
<b>Healthy Choice £1.85</b>	<b>Pasta Italian</b>	<b>Chilli Chicken Pasta Bake</b> topped with a wholemeal crumble	<b>Pasta Carbonara</b>	<b>BBQ Chicken Pasta</b>	<b>Sweet Chilli Roasted Vegetables with Soft Noodles</b>
<b>Snack of the day</b>	<b>Baked Sausage Rolls</b>	<b>Hot Chicken Wrap</b> with sweet chili on side	<b>Chicken Stir Fry</b> Baked in a Tortilla Wrap	<b>Baked Hot Chicken Baquette</b>	<b>Cheese, Tomato Pizza Slice</b>
<b>Sides</b>	Creamed Potatoes Broccoli Mixed Vegetable	Baby Boiled Potatoes Sweet corn Sliced Carrots	Mashed Potato Braised Leeks Baked Beans	Champ & Chipped Potatoes Braised Cabbage Honey Roasted Parsnips	Mashed Potato Chunky Chips Garden Peas
<b>Dessert</b>	Syrup Sponge & Custard	Chocolate Cracknel & Custard	Chocolate sponge & Custard	Lemon Sponge & Custard	Cornflake Tart & Custard

CHILLED DRINKING WATER IS AVAILABLE THROUGHOUT LUNCH SERVICE



B Healthy Day

RED MEAT FREE DAY

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Tomato & Basil Soup	Vegetable Broth	Cream of Vegetable	Carrot Coriander Soup	Vegetable Broth
<b>From the Café</b>	Daily selection of freshly made Salads and Protein Pots, Hot Panini's, Ciabatta & freshly prepared Sandwiches & Wraps				
<b>Meal of the Day £2.05</b>	<b>Chicken &amp; Ham Vol-vent</b> Succulent pieces chicken & ham in a creamy sauce served with veg & potatoes	<b>Homemade Cottage Pie</b> Lean Minced Beef with onion & veg topped with potato served with veg & potato	<b>Chicken Casserole Succulent pieces of chicken and vegetable in a rich gravy</b>	<b>Traditional Beef Curry</b> Served with Steamed Rice	<b>Chicken Curry</b> Diced fillet of chicken in a mild curry sauce served with boiled rice
<b>Main Dish only £1.70</b>	<b>Lasagne au Gratin</b> Lean mince beef with vegetables, layered with sheets of pasta & cheese sauce ,	<b>Chicken &amp; Broccoli Bake</b> Tender pieces of chicken & broccoli in a cheese sauce topped with potato	<b>Chicken with herb Stuffing wrapped in Bacon</b>	<b>Chicken Goujon Wrap</b> Oven Baked Served in a Multi Seeded Wrap	<b>Traditional Fish</b> Breaded and oven baked & served with lemon
<b>Healthy Choice £1.85</b>	<b>Baked Potato</b> Filled with a choice of fillings & tossed salad	<b>Roasted Vegetable &amp; Pasta</b> in tomato & Herb Sauce	<b>Fish Pie</b> Poached Fish in a béchamel sauce topped with sliced potatoes	<b>Tomato &amp; Basil Pasta Salad</b>	<b>Tomato and Cheese Pasta bake</b>
<b>Snack</b>	<b>Jumbo Hot Dog</b> with Relish	<b>Chicken Caesar Salad</b>	<b>Spicy potato wedges</b> served with tossed salad & choice of dips	<b>Chicken Burger</b> Oven baked and served in a bap	<b>Pizza Slice</b> Various toppings
<b>Sides</b>	Baby Boiled Potatoes Chipped Potatoes Baked Beans Honey Glazed Carrots	Creamed Potatoes Braised Cabbage Sweet corn	Chips & Garden Peas Mixed Green Salad	Creamed Potato Green Beans / Carrots Baked spicy potato wedges	Mashed Potato Chips Mushy Peas
<b>Dessert</b>	Chocolate Cake & Custard	Creamed Rice Pudding & Jam Sauce	Lemon Sponge & Custard	Cracknel & Custard	Chocolate Cake & Custard

CHILLED DRINKING WATER IS AVAILABLE THROUGHOUT LUNCH SERVICE

<b>Week Commencing</b>	<b>Menu Week No.</b>
22nd October 2018	week 4
5th November 2018	week 1
12th November 2018	week 2
19th November 2018	week3
26th November 2018	week4
3rd December 2018	week1
10th December 2018	week2
17th December 2018	week3
7th January 2019	week4
14th January 2019	week1
21st January 2019	week2
28th January 2019	week3
4th February 2019	week4
11th February 2019	week1
25th February 2019	week2
4th March 2019	week3
11th March 2019	week4
18th March 2019	week 1
25th March 2019	week2
1st April 2019	week3
8th April 2019	week4
15th April 2019	week1
29th April 2019	week2
6th May 2019	week3
13th May 2019	week4
20th May 2019	week1
27th May 2019	week 2