

# LUNCH MENU *Week One* One

THURSDAY

monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Main ONE</b></p> <p>Margherita Pizza with Wedges and Salad</p>	<p>Sweet and Sour Pork with Vegetables and Rice</p>	<p>Roast Turkey with Roast Potatoes and Vegetables</p>	<p>Chicken Rogan Josh with Turmeric Rice and Indian Salad</p>	<p>Fish and Chips, Salmon Fingers or Sausage with Chips and Beans or Peas</p>
<p><b>Main TWO</b></p> <p>Spinach and Potato Frittata with Wedges and Salad</p>	<p>Hoisin Vegetable with Noodles and Green Beans</p>	<p>Leek and Potato Bake, with Potatoes and Vegetables</p>	<p>Roasted Cauliflower Tikka with Turmeric Rice and Indian Salad</p>	<p>Vegetable Sausage Roll with Chips and Beans or Peas</p>
<p><b>Jacket POTATO</b></p> <p>Cheese or Beans</p>	<p>Cheese or Beans</p>	<p>Cheese or Beans</p>	<p>Cheese or Beans</p>	<p>Cheese or Beans</p>
<p><b>Pasta</b> FROM £1.90</p> <p>Tomato Sauce</p>	<p>Cheese Sauce</p>	<p>Pork and Beef Bolognese</p>	<p>Creamy Chicken</p>	<p>Tomato and Basil Sauce</p>
<p><b>Hot Handhelds</b> FROM £1.20</p> <p>Southern Fried Chicken, Lem. Sauce and Mayonnaise Baguette</p>	<p>BBQ Chicken and Cheese Panini</p>	<p>Roast Turkey and Gravy Baguette</p>	<p>Ramen Noodle Pot</p>	<p>Pepperoni and Mozzarella Panini</p>

Main meal  
**£2.30**

Main meal  
AND DESSERT  
**£2.58**



# LUNCH MENU *Week Two* Two

Main meal  
**£2.30**  
 Main meal  
 AND DESSERT  
**£2.58**

	monday	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main ONE</b>	Macaroni Cheese with Garlic Focaccia and Green Beans	Pepperoni Pizza with Wedges and Salad	Roast Gammon with Roast Potatoes and Vegetables	Chicken Biryani with Naan Bread and Sweetcorn	Fish Finger Sandwich or Pork and Beef Burger with Chips and Beans or Peas
<b>Main TWO</b>	Chinese Chow Mein with Green Beans	Roasted Vegetable Pitta with Mint Yoghurt, Wedges and Salad	Quorn Sausage with Roast Potatoes and Vegetables	Vegetable Biryani with Naan Bread and Sweetcorn	Vegetable Chilli Loaded Chips
<b>Jacket POTATO</b>	Cheese or Beans	Cheese or Beans	Cheese or Beans	Cheese or Beans	Cheese or Beans
<b>Pasta</b> FROM £1.90	Pork and Beef Bolognese	Cheese Sauce	Spicy Sausage	Ham and Cheese Sauce	Meatball Sauce
<b>Hot Handhelds</b> FROM £1.20	Ham and Cheese Panini	Rainbow Noodles	Piri Piri Open Chicken Wrap	Chicken Tikka Wrap	Bacon and Cheese Panini

- Main ONE**
- Main TWO**
- Jacket POTATO**
- Pasta**  
FROM £1.90
- Hot Handhelds**  
FROM £1.20

We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cross contamination will never occur, we do take every possible precaution to prevent this from happening.



# LUNCH MENU *Week Three* Three

WEDNESDAY

Main meal  
£2.30

Main meal  
AND DESSERT  
£2.58

monday	TUESDAY	THURSDAY	FRIDAY
Sweet and Sour Vegetable Noodles	Devon Sausage with Mash and Vegetables	Chicken and Leek Pie with Roast Potatoes and Vegetables	Beef Tikka Masala with Rice and Indian Salad
Roasted Vegetable Pizza with Wedges and Salad	Tomato and Mozzarella Gnocchi with Focaccia Bread	Cheese and Onion Pie with Roast Potatoes and Vegetables	Vegetable Chilli with Steamed Rice and Nachos
Cheese or Beans	Cheese or Beans	Cheese or Beans	Cheese or Beans
Tomato Sauce	Cheese Sauce	Pork and Beef Bolognese	Creamy Chicken
Chicken Fajita Wrap	Jerk Chicken Noodles	Egg Fried Rice	Korean Chicken Wrap
Tomato and Basil Sauce			Tomato and Mozzarella Panini

Main ONE

Main TWO

Jacket POTATO

Pasta FROM £1.90

hot Handhelds FROM £1.20



# LUNCH MENU *Week Four*

WEDNESDAY

Main meal  
**£2.30**  
 Main meal  
 AND DESSERT  
**£2.58**

	monday	TUESDAY		THURSDAY	FRIDAY
<b>Main ONE</b>	Vegetable Burger with Wedges and Salad	Pork and Beef Lasagne with Green Vegetable Medley		Chicken Jalfrezi with Steamed Rice and Peas	Fish Finger Sandwich or Hot Dog with Chips and Beans or Peas
<b>Main TWO</b>	Cheese and Bean Pasty with Wedges and Salad	Vegetable Lasagne with Green Vegetable Medley		Falafel Pitta with Minted Yoghurt, Spicy Rice and Peas	Margherita Pizza with Chips and Beans or Peas
<b>Jacket POTATO</b>	Cheese or Beans	Cheese or Beans		Cheese or Beans	Cheese or Beans
<b>Pasta</b> FROM £1.90	Pork and Beef Bolognese	Cheese Sauce		Ham and Cheese Sauce	Meatball Sauce
<b>hot Handhelds</b> FROM £1.20	BBQ Chicken Pizza	Ham and Cheese Panini		Pork and Beef Burger	Cheese Panini





# HOTDELI

WEEK ONE

## HOT DELI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bacon Bap	Sausage Roll	Breakfast Wrap	Bacon AND Cheese Turnover	Bacon AND Hash Brown Muffin
Sweet AND Salted Popcorn	Pizza Pinwheel	BBQ Chicken AND Cheese Panini	Pizza Slice	Cheese AND Tomato Turnover
Cheese Bagel	Cajun Wedges	Cheese Straw	Cheese Topped Nachos	Sweet AND Salted Popcorn

## PASTA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato Sauce	Cheese Sauce	Pork AND Beef	Creamy Chicken	Tomato AND Basil
		B o l o g n e s e		

Pick & Mix available daily

Full Cold Deli Range

Sandwiches, Wraps & Baguettes made fresh every day



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# HOTDELI

WEEK TWO

## HOT DELI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bacon Bap	Sausage Roll	Breakfast Wrap	Bacon AND Cheese Turnover	Bacon AND Hash Brown Muffin
Sweet AND Salted Popcorn	Pizza Pinwheel	BBQ Chicken AND Cheese Panini	Pizza Slice	Cheese AND Tomato Turnover
Cheese Bagel	Cajun Wedges	Cheese Straw	Cheese Topped Nachos	Sweet AND Salted Popcorn

## PASTA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork and Beef Bolognese	Cheese Sauce	Spicy Sausage	Ham and Cheese Sauce	Meatball Sauce

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# HOTDELI

WEEK THREE

## HOT DELI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bacon Bap	Sausage Roll	Breakfast Wrap	Bacon AND Cheese Turnover	Bacon AND Hash Brown Muffin
Sweet AND Salted Popcorn	Pizza Pinwheel	BBQ Chicken AND Cheese Panini	Pizza Slice	Cheese AND Tomato Turnover
Cheese Bagel	Cajun Wedges	Cheese Straw	Cheese Topped Nachos	Sweet AND Salted Popcorn

## PASTA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato Sauce	Cheese Sauce	Pork and Beef Bolognese	Creamy Chicken	Tomato AND Basil

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# HOTDELI

WEEK FOUR

## HOT DELI

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bacon Bap	Sausage Roll	Breakfast Wrap	Bacon AND Cheese Turnover	Bacon AND Hash Brown Muffin
Sweet AND Salted Popcorn	Pizza Pinwheel	BBQ Chicken AND Cheese Panini	Pizza Slice	Cheese AND Tomato Turnover
Cheese Bagel	Cajun Wedges	Cheese Straw	Cheese Topped Nachos	Sweet AND Salted Popcorn

## PASTA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork and Beef Bolognaise	CHEESE Sauce	Spicy Sausage	Ham and Cheese Sauce	Meatball Sauce

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