

Week 1	Mostly Meat Free Monday	Trad Tuesday	World Food Wednesday	Thursday's Pie	Family Favourite Friday
Breakfast from 8:15am	Bacon/sausage butties, vegetarian sausage, toast, bagels, pancakes, currant teacakes, cheese on toast, cheesy bagels, porridge, cereals, eggs, hash browns, baked beans, fruit salads, fruit bags, granolas, yoghurts & sandwiches. Gluten free items available on request but there may be a short wait.				
Brunch Break	Mid-morning Brunch Break 11:10am as breakfast but with additional items (see below)				
Brunch Break - Snack Specials	<ul style="list-style-type: none"> Garlic bread Hot chicken butty 	<ul style="list-style-type: none"> Sausage and Egg Muffin Hot Chicken Butty 	<ul style="list-style-type: none"> Pizza Wedge Hot Chicken Butty 	<ul style="list-style-type: none"> Nachos Hot Chicken Butty 	<ul style="list-style-type: none"> Waffles Hot Chicken Butty
Sheila's Soup - Daily bread basket and butter	Vegetable soup (v)	Carrot and coriander (v)	Vegetable soup (v)	Butternut and red chilli (v)	Vegetable soup (v)
Main Course	Cheese and tomato pizza (v) with salad and jacket wedges, baked beans or coleslaw	Sliced roast turkey in gravy with roast and mash potatoes with vegetables or baked beans	Sweet chilli chicken and vegetable stir fry served with steamed brown rice	Plate beef pie with herby dice potatoes, vegetables or beans	Homemade sausage roll served on it's own or with mash, beans or vegetables
Vegetarian Course	Cold Veggie grazing box. Sweet potato falafel, vegetable rice, hummus, pitta bread, carrot sticks	Macaroni cheese bake with mixed salad, vegetables or baked beans	Homemade hot pot veggie noodles	Spicy bean burger on a bun salad garnish, herby dice potatoes, vegetables or baked beans	Homemade pizza wedge with salad, coleslaw, vegetables or baked beans
Fish Course	Fish and chip wrap with salad garnish & tomato sauce or vegetables or baked beans	Potato topped salmon and fish pie with vegetables or baked beans	Hot cod dog with salad garnish & tomato sauce or vegetables or baked beans	Fish Finger Butty	Fish fingers with mashed potatoes, low sugar baked beans or vegetables
On the Side	Peas & corn, baked beans coleslaw, mixed salad	Carrots, broccoli, baked beans, coleslaw, mixed salad	Stir fried veg, baked beans, coleslaw, mixed salad	Cabbage, carrots, coleslaw, mixed salad	Peas & corn, baked beans coleslaw, mixed salad
Grab and Go Snacks	<ul style="list-style-type: none"> Both hot plain and spicy chicken fillets available served on a salad filled bun BBQ pulled pork on a brioche bun 	<ul style="list-style-type: none"> Hot sliced turkey stacker served on a bun with a hash brown Spicy beef skewer in naan bread wrap with a choice of dressings 	<ul style="list-style-type: none"> Both hot plain and spicy chicken fillets available served on a salad filled bun Lamb kofta kebab served in pitta bread with a choice of dressings 	<ul style="list-style-type: none"> Both hot plain and spicy chicken fillets available served on a salad filled bun Mediterranean Chicken wrap with a yoghurt & mint dressing 	<ul style="list-style-type: none"> Both hot plain and spicy chicken fillets available served on a salad filled bun Piri Piri Chicken wrap
Hot Jackets	Jacket potatoes served with tuna, cheese, cottage cheese, reduced sugar/salt baked beans. Mixed salad bowl and coleslaw also on offer.				
Sandwiches, Paninis, Hot Pasta to Go and Salads	Varied selection of sandwiches Inc. non-mayo fillings served on variety of breads. Assorted panini available daily. Plated salads, cold pasta tubs, healthy grazing boxes, salad boxes, carrot & hummus tubs. Hot whole meal pasta served daily with or without tomato sauce, cheese and tuna pasta toppers available. Look out for the sandwich & salad of the week.				
To Finish Off	Fresh fruit available everyday as whole fruit from the fruit basket or as fruit pots, apple & grape bags. Yoghurts, delicious homemade granolas, cheese & cracker packs or just cheese portions.				
Daily Special	Apple flapjack pudding with custard	Key lime pie	Berry roly poly with custard	Fruity orange jelly cups	Chocolate sponge pudding with chocolate custard
Cold Desserts	Flapjack, Decorated sponge Plain cookies	Iced muffins, Oaty Choc chip biscuits, Carrot cake	Flapjack, Melting moment biscuits, Paradise slice.	Raspberry Buns, Shortbread Cocoa Krispies	Various cookies Iced chocolate sponge