

Week 2	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, fruit toast, currant teacakes, cheese on toast, cheesy bagels, porridge, cereals, eggs, hash browns, baked beans, fruit salads, fruit bags, granolas, yoghurts and 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)	Chicken and vegetable	Vegetable soup (v)	Carrot and lentil (v)	Vegetable soup (v)
Main Course	Cheese and tomato pizza (v) with salad and jacket wedges, baked beans or coleslaw	Roast chicken fillet in gravy with roast & mash potato, vegetables or baked beans	Cajun beef dirty rice with nachos & mixed salad	Lamb hot pot with dumplings & vegetables	Toad in the hole with gravy & mashed potatoes, vegetables or baked beans
Vegetarian Course	Cold Veggie grazing box Sweet potato falafel, vegetable rice, hummus, pitta bread, carrot sticks	Roast vegetable lasagne with mixed salad	Home made hot pot veggie noodles	Tax Mex Vegetarian chilli bean & Quorn stew served with ½ steamed brown rice & ½ nachos & salad	Vegetable samosas with mixed salad & mango chutney, coleslaw, vegetables or baked beans
Fish Course	Flaming fajita fish burger on or off the bun with mayo & salad garnish or sweetcorn	Tuna & sweetcorn pizza with mixed salad or coleslaw	Hot cod dog with salad garnish & tomato sauce or baked beans	Fish fingers on or off a bun with salad garnish & tomato sauce or baked beans	Fish & chip wrap with salad garnish & tomato sauce vegetables or baked beans
On the Side	Sweetcorn, green beans, baked beans, coleslaw, mixed salad	Carrots & broccoli, baked beans, coleslaw, mixed salad	Peas, mixed salad, coleslaw, baked beans	Cabbage, carrots, baked beans, mixed salad, coleslaw	Peas & sweetcorn, baked beans, mixed salad, coleslaw
Grab and Go Snacks	<ul style="list-style-type: none"> Both hot plain & spicy chicken fillets available served on a salad filled bun BBQ pulled pork on a brioche bun 	<ul style="list-style-type: none"> Both hot plain & spicy chicken fillets available served on a salad filled bun Spicy beef skewer in naan bread wrap with a choice of dressings 	<ul style="list-style-type: none"> Both hot plain & spicy chicken fillets available served on a salad filled bun Lamb kofta kebab served in a 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 crumble & custard	Butterscotch Rice pudding	Sultana sponge & custard	Bannoffee pie	Marbled chocolate sponge with pink custard
Cold Desserts	Decorated Sponge, Flapjacks, Choc & orange cookies	Duo cookies, Weetabix cake Butterfly buns	Jam slice, Flapjack, Cherry biscuits	Chocolate muffins, plain biscuits, sponge fingers	Decorated chocolate marbled sponge, various cookies