

# BREAK MENU



## \* WEEK 1 \*

### MONDAY

Baked tricolour flat bread with pesto sauce sliced tomato and mozzarella £2.35  
Tasty veggie sausage baguette with homemade tomato sauce £2.35

### TUESDAY

Margherita pizza made with our famous homemade sauce £2.35  
Spicy cajun chicken quesadilla with peppers £2.50

### WEDNESDAY

Spicy potato wedges with gooey cheese £2.35  
Sweet chilli chicken panini £2.50

### THURSDAY

Freshly baked cheese and tomato panini £2.35  
Waffles with honey and banana £2.35

### FRIDAY

Roasted veggie pizza with pesto drizzle £2.35  
Bacon in crusty baguette £2.50

## GRAB & GO

Available all day

Sandwiches, rolls and wraps *from* £1.90

A selection of sandwiches and wraps available everyday including; egg, cheese, ham, tuna and chicken with salad.

Pasta pots £2.50

Chicken  
Tuna  
Vegetarian



## DRINKS

Drinks  
from £1



## SOMETHING EXTRA

Fruit	£0.50
Fruit pots	£1.20
Yoghurt pots	£1.20
Fruit jelly pots	£1.00
Humous & crudites	£1.20
Breakfast items	<i>from</i> £1.30
Baked goods	<i>from</i> £1.30
A selection of Grab & Go snacks	<i>from</i> £1.10

Please speak to our Chef if you have any special dietary requirements. Although our kitchen is nut free, we cannot guarantee that the ingredients we use don't contain any traces of nuts.

# BREAK MENU



## \* WEEK 2 \*

### MONDAY

- 3 cheese Sicilian pizza £2.35
- Veggie meatball panini £2.35

### TUESDAY

- Cheese, onion & herb flatbread £2.35
- Spicy chicken fajita wrap £2.50

### WEDNESDAY

- Spicy vegetable pizza £2.35
- Crunchy fish finger wrap with garlic mayo £2.50

### THURSDAY

- Garlic and herb potato wedges £2.35
- Crispy ham and cheese French toast £2.50

### FRIDAY

- Vegetarian sausage baguette £2.35
- Cumberland sausage in a crusty baguette £2.50

## GRAB & GO

Available all day

**Sandwiches, rolls and wraps** *from £1.90*

A selection of sandwiches and wraps available everyday including; egg, cheese, ham, tuna and chicken with salad.

**Pasta pots** £2.50

Chicken  
Tuna  
Vegetarian



## DRINKS

*Drinks  
from £1*



## SOMETHING EXTRA

Fruit	£0.50
Fruit Pots	£1.20
Yoghurt pots	£1.20
Fruit jelly pots	£1.00
Humous & crudites	£1.20
Breakfast items	<i>from</i> £1.30
Baked goods	<i>from</i> £1.30
A selection of Grab & Go snacks	<i>from</i> £1.10

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# BREAK MENU



## \* WEEK 3 \*

### MONDAY

- Cheese and roast vegetable panini £2.35
- Southern fried chicken wrap with lettuce & mayo £2.35

### TUESDAY

- Tasty mediterranean vegetable flatbread £2.35
- Crispy bacon baguette £2.50

### WEDNESDAY

- Waffles with honey and banana £2.35
- Sweet chilli chicken panini £2.50

### THURSDAY

- Vegetarian sausage baguette with homemade tomato sauce £2.35
- Ham and cheese french toast £2.50

### FRIDAY

- Veggie meatball panini with homemade tomato sauce £2.35
- Cajun chicken and cheese flatbread £2.50

## GRAB & GO

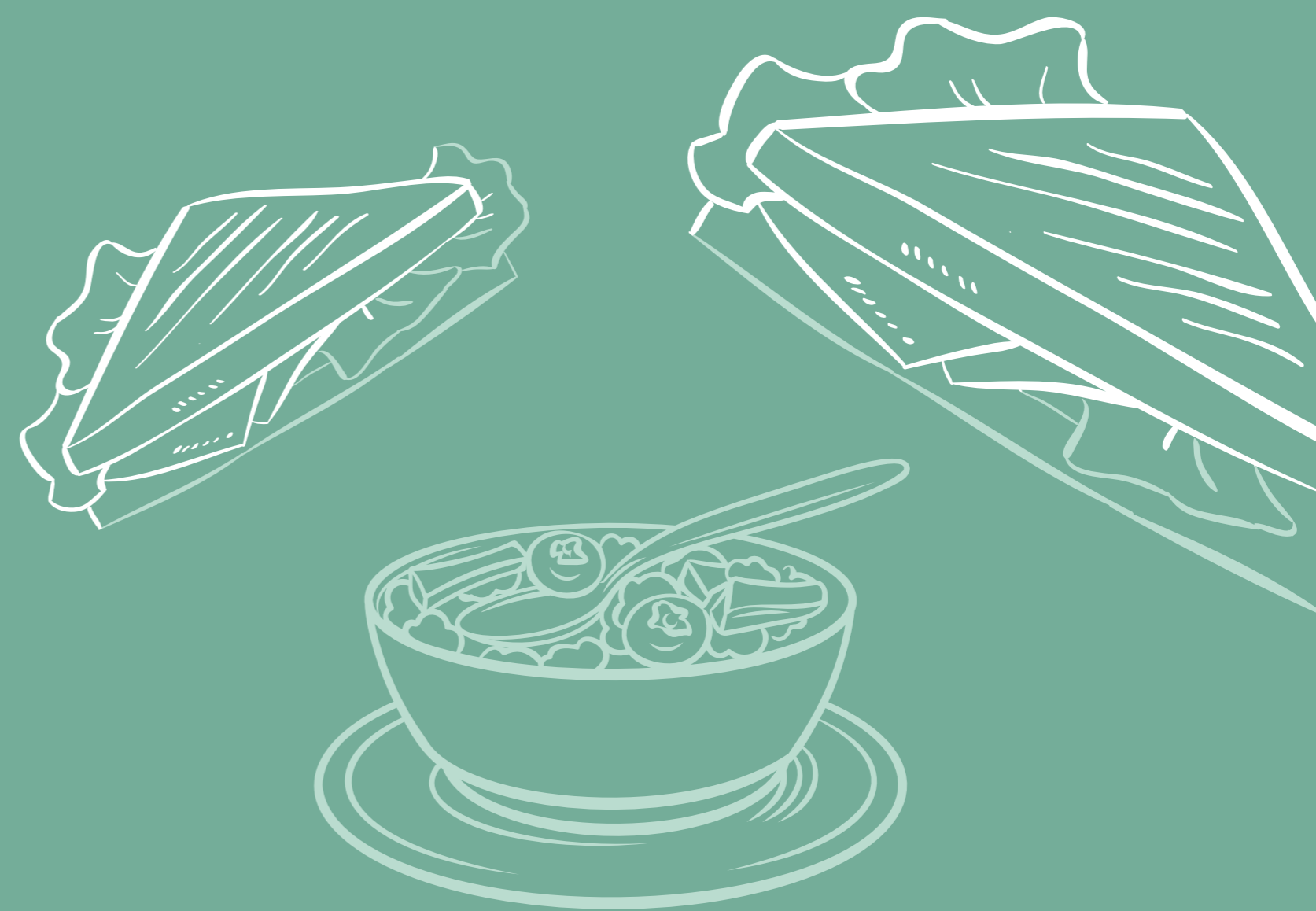
Available all day

**Sandwiches, rolls and wraps** *from* £1.90

A selection of sandwiches and wraps available everyday including; egg, cheese, ham, tuna and chicken with salad.

**Pasta Pots** £2.50

Chicken  
Tuna  
Vegetarian



## DRINKS

Drinks  
from £1



## SOMETHING EXTRA

Fruit	£0.50
Fruit pots	£1.20
Yoghurt pots	£1.20
Fruit jelly pots	£1.00
Humous & crudites	£1.20
Breakfast items	<i>from</i> £1.30
Baked goods	<i>from</i> £1.30
A selection of Grab & Go snacks	<i>from</i> £1.10

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MAIN MEAL • £3.25  
MEAL DEAL • £4.50

# HOT LUNCHES



Hot lunches will be provided on a three week rotation each term  
Students have a choice of either a meat/fish or vegetarian main meal each day with an accompanying side dish

## \* WEEK 1 \*

### MONDAY

MAIN MEAL • £3.25

Slow cooked beef Bolognese pasta  
served with garlic bread and salad

or

Tomato and roast red pepper pasta  
served with crunchy garlic bread & salad

MEAL DEAL • £4.50 Main meal + daily bake + drink\*

### TUESDAY

MAIN MEAL • £3.25

Yellow chicken curry  
served with 50/50 rice and peas

or

Yellow chickpea and vegetable curry  
served with 50/50 rice and peas

MEAL DEAL • £4.50 Main meal + daily bake + drink\*

### WEDNESDAY

MAIN MEAL • £3.25

Roast turkey  
served with roasties, gravy and seasonal veggies

or

Vegetable kiev  
served with roasties, veggie gravy  
& seasonal vegetables

MEAL DEAL • £4.50 Main meal + daily bake + drink\*

### THURSDAY

MAIN MEAL • £3.25

Homemade beef burger  
served in a bun with potato wedges and salad

or

Veggie burger  
served in a bun with chips & salad

MEAL DEAL • £4.50 Main meal + daily bake + drink\*

### FRIDAY

MAIN MEAL • £3.25

Cod fillet  
served with chips and beans or peas

or

Jacket potato  
served with cheese, beans & salad / coleslaw

MEAL DEAL • £4.50 Main meal + daily bake + drink\*

## SPECIALS

Check the  
Specials Board  
each day for  
availability

\*Please ask staff for Meal Deal Drinks List. Please speak to our Chef if you have any special dietary requirements.  
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from  
**CARING COOKS**

MAIN MEAL • £3.25  
MEAL DEAL • £4.50

# HOT LUNCHES



Hot lunches will be provided on a three week rotation each term  
Students have a choice of either a meat/fish or vegetarian main meal each day with an accompanying side dish

## \* WEEK 2 \*

### MONDAY

MAIN MEAL • £3.25

Cumberland sausages  
served with creamy mash, gravy, yorkshires & veggies

or

Baked jacket potatoes  
served with selection of grated cheese,  
baked beans, coleslaw & salad

MEAL DEAL • £4.50 Main meal + daily bake + drink\*

### TUESDAY

MAIN MEAL • £3.25

Slow cooked beef Bolognese pasta  
served with garlic bread and salad

or

Veggie Bolognese pasta  
served with garlic bread cheese & salad

MEAL DEAL • £4.50 Main meal + daily bake + drink\*

### WEDNESDAY

MAIN MEAL • £3.25

Chicken Piri Piri  
served with herbie potato wedges & seasonal veggies

or

Vegetable quiche  
served with potato wedges & veggies

MEAL DEAL • £4.50 Main meal + daily bake + drink\*

### THURSDAY

MAIN MEAL • £3.25

Homemade beef burger  
served in a bun with salad & diced potatoes

or

Veggie burger  
served in a bun with salad and diced potatoes

MEAL DEAL • £4.50 Main meal + daily bake + drink\*

### FRIDAY

MAIN MEAL • £3.25

Crispy fish goujons  
served with chips, baked beans or salad

or

Sweet potatoes falafal  
served with chips baked beans or salad

MEAL DEAL • £4.50 Main meal + daily bake + drink\*

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from  
**CARING COOKS**

MAIN MEAL • £3.25  
MEAL DEAL • £4.50

# HOT LUNCHES



Hot lunches will be provided on a three week rotation each term  
Students have a choice of either a meat/fish or vegetarian main meal each day with an accompanying side dish

## \* WEEK 3 \*

### MONDAY

MAIN MEAL • £3.25

Creamy pasta carbonara  
served with garlic bread & salad

or

Tomato and basil pasta  
served with garlic bread & salad

MEAL DEAL • £4.50 Main meal + daily bake + drink\*

### TUESDAY

MAIN MEAL • £3.25

Southern fried chicken  
served with potato wedges & salad

or

Quorn goujons (vg)  
served with potato wedges & salad

MEAL DEAL • £4.50 Main meal + daily bake + drink\*

### WEDNESDAY

MAIN MEAL • £3.25

Homemade chilli con carne  
served with 50/50 rice and tortilla chips

or

Veggie chilli con carne  
served with rice & tortilla chips

MEAL DEAL • £4.50 Main meal + daily bake + drink\*

### THURSDAY

MAIN MEAL • £3.25

Slow cooked BBQ shredded chicken  
served in a bap with diced potatoes & salad

or

Slow cooked BBQ veggie strips  
served in a bap with diced potatoes & salad

MEAL DEAL • £4.50 Main meal + daily bake + drink\*

### FRIDAY

MAIN MEAL • £3.25

Scampi bites  
served with chips, baked beans or peas

or

Jacket potato  
served with a choice of cheese, beans,  
salad & coleslaw

MEAL DEAL • £4.50 Main meal + daily bake + drink\*

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