

# BREAK MENU



## \* WEEK 1 \*

### • MONDAY •

Baked tricolour flat bread with pesto sauce sliced tomato & mozzarella £2.35  
Tasty veggie sausage in a wholemeal baguette with homemade tomato sauce £2.35

### • TUESDAY •

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

### • WEDNESDAY •

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

### • THURSDAY •

Freshly baked cheese & tomato foccacia £2.35  
Waffles with drizzled honey & fresh banana £2.35

### • FRIDAY •

Roasted veggie pizza with pesto drizzle £2.35  
Grilled bacon in crusty wholemeal 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	from £1.30
Baked goods	from £1.30
A selection of Grab & Go snacks	from £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 baked fish finger wrap with garlic mayo £2.50

### • THURSDAY •

Garlic and herb potato wedges £2.35  
Crispy ham and cheese focaccia £2.50

### • FRIDAY •

Vegetarian sausage in a wholemeal baguette £2.35  
Cumberland sausage in a crusty wholemeal 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	from £1.30
Baked goods	from £1.30
A selection of Grab & Go snacks	from £1.10

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# BREAK MENU



## \* WEEK 3 \*

### MONDAY

Cheese & roasted vegetables panini £2.35  
Southern baked chicken wrap with lettuce & mayo £2.35

### TUESDAY

Tasty mediterranean vegetable flatbread £2.35  
Egg & cheese english muffin (McMuffin style) £2.50

### WEDNESDAY

Waffles with drizzled honey and fresh banana £2.35  
Baked sweet chilli chicken panini £2.50

### THURSDAY

Vegetarian sausage brioche with homemade tomato sauce £2.35  
Crispy ham & cheese focaccia £2.50

### FRIDAY

Veggie meatball wholemeal panini with homemade tomato sauce £2.35  
Baked Cajun chicken & 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.

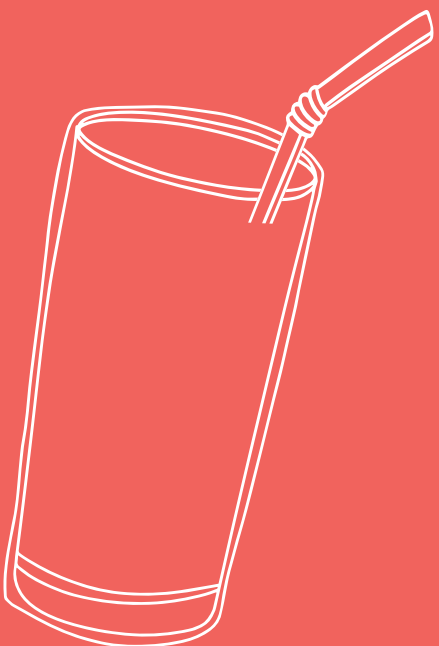
**Pasta Pots** £2.50

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	from £1.30
Baked goods	from £1.30
A selection of Grab & Go snacks	from £1.10

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from  
CARING COOKS



MAIN MEAL • £3.50  
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 • £3.50

Slow cooked beef Bolognese pasta  
served with garlic bread & salad

or

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

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

#### TUESDAY

MAIN MEAL • £3.50

Yellow chicken curry  
served with 50/50 white &  
wholemeal rice & mini nan bread

or

Yellow chickpea & sweet potato curry  
served with 50/50 white &  
wholemeal rice & mini nan bread

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

#### WEDNESDAY

MAIN MEAL • £3.50

Juicy roast turkey  
served with roasties, gravy  
& seasonal veggies

or

Vegetable Kiev  
served with roasties, veggie gravy  
& seasonal vegetables

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

#### THURSDAY

MAIN MEAL • £3.50

Homemade local beef burger  
served in a bun with potato wedges & salad

or

Baked crispy veggie burger  
served in a bun with chips & salad

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

#### FRIDAY

MAIN MEAL • £3.50

Baked cod fillet  
served with oven chips  
& beans or peas

or

Loaded jacket potato  
served with lashings of cheese,  
beans, salad/coleslaw

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

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

**SPECIALS**  
Check the  
Specials Board  
each day for  
availability



MAIN MEAL • £3.50  
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 • £3.50

Cumberland sausages  
with creamy mash, gravy,  
Yorkshires & veggies

or

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

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

#### TUESDAY

MAIN MEAL • £3.50

Rich Italian lasagne  
served with garlic bread & salad

or

Veggie Bolognese lasagne  
served with garlic bread & salad

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

#### WEDNESDAY

MAIN MEAL • £3.50

Chicken Piri Piri  
served with herby potato wedges  
& seasonal veggies

or

Vegetable quiche  
served with potato wedges  
& seasonal veggies

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

#### THURSDAY

MAIN MEAL • £3.50

Chicken fillet burger  
served in a bun with salad & diced potatoes

or

Veggie burger  
served in a bun with salad & diced potatoes

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

#### FRIDAY

MAIN MEAL • £3.50

Baked 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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### SPECIALS

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MAIN MEAL • £3.50  
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 • £3.50

Goosey Mac and cheese  
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 • £3.50

Southern fried chicken  
served with potato wedges & salad

or

Oven baked Quorn Goujons (vg)  
served with potato wedges & salad

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

#### WEDNESDAY

MAIN MEAL • £3.50

Spicy chilli con carne  
served with 50/50 rice tortilla chips  
& mixed vegetables

or

Loaded jacket potatoes  
with cheese, beans, salad & coleslaw

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

#### THURSDAY

MAIN MEAL • £3.50

Slow cooked BBQ pulled pork  
served in a bap with diced potatoes & salad

or

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

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

#### FRIDAY

MAIN MEAL • £3.50

Salmon goujon  
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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