

# BREAK MENU



## \* WEEK 1 \*

### MONDAY

Baked tricolour flat bread with pesto sauce sliced tomato & mozzarella £2.40  
Tasty veggie sausage baguette with homemade tomato sauce £2.40

### TUESDAY

Margherita pizza made with our famous homemade sauce £2.40  
Spicy cajun chicken quesadilla with peppers £2.50

### WEDNESDAY

Loaded potato skins with Red Leicester & sour cream £2.40  
Sweet chilli chicken panini £2.50

### THURSDAY

Freshly baked cheese & tomato foccacia £2.40  
Waffles with honey & banana £2.40

### FRIDAY

Roasted veggie pizza with pesto drizzle £2.40  
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.

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# BREAK MENU



## \* WEEK 2 \*

### MONDAY

3 cheese Sicilian pizza £2.40  
Veggie meatball panini £2.40

### TUESDAY

Cheese, onion & herb flatbread £2.40  
Spicy chicken fajita wrap £2.50

### WEDNESDAY

Spicy vegetable pizza £2.40  
Crunchy fish finger wrap with garlic mayo £2.50

### THURSDAY

Garlic & herb potato wedges £2.40  
Crispy ham & cheese focaccia £2.50

### FRIDAY

Vegetarian sausage in a wholemeal baguette £2.40  
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 £2.40
- Southern fried chicken wrap with lettuce & mayo £2.40

### • TUESDAY •

- Tasty mediterranean vegetable flatbread £2.40
- Egg & cheese English sourdough muffin (McMuffin style) £2.50

### • WEDNESDAY •

- Waffles with honey & banana £2.40
- Baked sweet chilli chicken panini £2.50

### • THURSDAY •

- Vegetarian sausage bap with sweet chilli sauce £2.40
- Crispy ham & cheese focaccia £2.50

### • FRIDAY •

- Veggie meatball panini with homemade tomato sauce £2.40
- Cajun chicken & cheese flatbread £2.50

## GRAB & GO

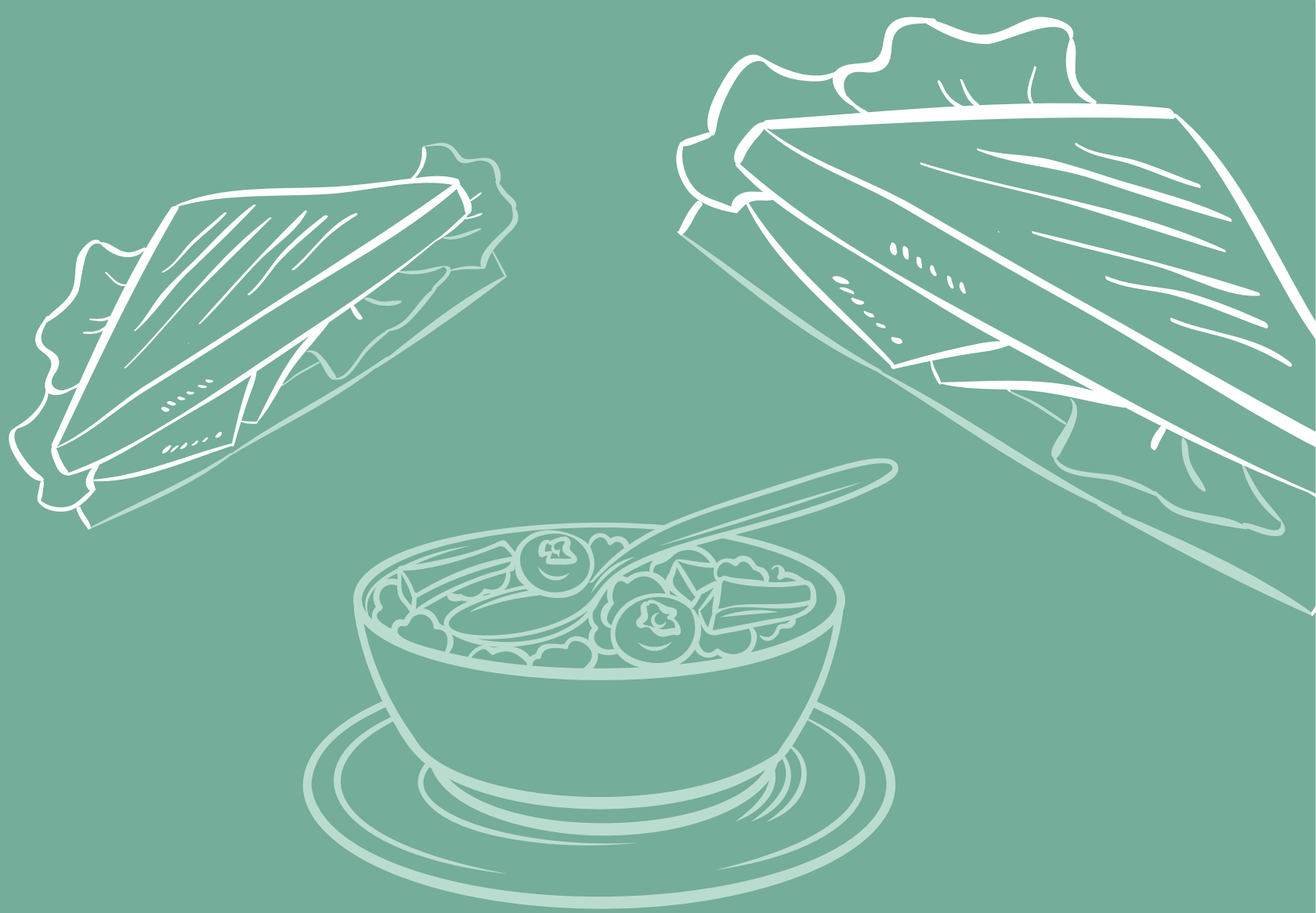
Available all day

**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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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 rice  
& nan bread

or

Baked jacket potatoes  
served with cheese, beans  
& salad

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

#### WEDNESDAY

MAIN MEAL • £3.50

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 beef burger  
served in a bun with potato wedges & salad

or

Veggie burger  
served in a bun with chips & salad

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

#### FRIDAY

MAIN MEAL • £3.50

Chicken goujon  
with chips, peas  
& salad

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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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,  
Yorkshire pudding & veggies

or

Veggie Sausages  
with creamy mash, gravy,  
Yorkshire pudding & veggies

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

#### TUESDAY

MAIN MEAL • £3.50

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

or

Veggie burger  
served in a bun with  
diced potatoes & salad

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

#### WEDNESDAY

MAIN MEAL • £3.50

Chicken Fajita  
served with potato wedges & sweetcorn  
& brown rice

or

Vegetable Fajita  
served with potato wedges & sweetcorn  
& brown rice

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

#### THURSDAY

MAIN MEAL • £3.50

Homemade beef lasagna  
served with parmesan garlic bread & salad

or

Veggie lasagna  
served with parmesan garlic bread & salad

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

#### FRIDAY

MAIN MEAL • £3.50

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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### SPECIALS

Check the  
Specials Board  
each day for  
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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

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

## \* WEEK 3 \*

### MONDAY

MAIN MEAL • £3.50

Creamy pasta carbonara served with garlic bread & salad or Tomato & 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 Quorn Goujons (vg) served with potato wedges & salad

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

### WEDNESDAY

MAIN MEAL • £3.50

Homemade chilli con carne served with 50/50 rice & tortilla chips or Veggie chilli con carne served with 50/50 rice & tortilla chips

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

### THURSDAY

MAIN MEAL • £3.50

Breast of chicken fillet burger served in a bap with diced potatoes & salad or BBQ veggie Quorn strips served in a bap with diced potatoes & salad

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

### FRIDAY

MAIN MEAL • £3.50

Battered cod fillet 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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