



Your menu

Week 1

Monday Tuesday Wednesday Thursday Friday

Break

Brunch muffin Quorn sausage pattie & poached egg in a muffin	Bacon with cream cheese bagel	Cheese and bean toastie or wrap	Brunch muffin Quorn sausage pattie & poached egg in a muffin	Curry folded naan
Bacon roll	Bacon roll	Bacon roll	Bacon roll	Bacon roll
Belgian Waffle Warmed Pretzel	Belgian Waffle Warmed Pretzel	Belgian Waffle Warmed Pretzel	Belgian Waffle Warmed Pretzel	Belgian Waffle Warmed Pretzel
Buttered toast Buttered Bagel	Buttered toast Buttered crumpet	Buttered toast Buttered bagel	Buttered toast Buttered bagel	Buttered toast Croissant
Fresh Fruit & Yoghurts	Fresh Fruit & Yoghurts	Fresh Fruit & Yoghurts	Fresh Fruit & Yoghurts	Fresh Fruit & Yoghurts

Main Meals

Pork Meatballs or Vegan Meatballs	Pie of the Day	Roast of the Day or Crumb topped cauliflower & broccoli bake	Chicken Korma or Quorn Korma	Fishy Friday or Quorn dippers
Served with pasta, Mediterranean sauce, homemade garlic dough balls, and vegetables.	Served with mashed potato and vegetables	Served with roast potatoes, vegetables, and gravy	Served with rice with vegetables and naan	Served with chips, garden peas or baked beans
Iced or cream filled buns Chocolate orange cookie Strawberry muffin Jam & coconut sponge	Iced or cream filled buns Raisin oat cookie Chocolate crunch Summer fruit crumble	Iced or cream filled buns Shortbread slice Lemon muffin Cornflake tart	Iced or cream filled buns Cookie Banana flapjack Sprinkle cake	Iced or cream filled buns Cornflake cookie Chocolate cracknel Apple & Summer berry cobbler

Grab & Go

Paninis Cheese Cheese & ham Tuna melt	Paninis Cheese Cheese & ham Tuna melt	Paninis Cheese Cheese & ham Tuna melt	Paninis Cheese Cheese & ham Tuna melt	Paninis Cheese Cheese & ham Tuna melt
Chicken Tikka wrap, panini, rice or noodle bowl	Sweet chilli chicken wrap	Roast of the Day in a roll Piri-Piri chicken wrap	Teriyaki chicken wrap, panini, rice or noodle bowl	Fish finger sandwich BBQ Chicken Wrap
Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato
Pasta bowl	Pasta bowl	Pasta bowl	Pasta bowl	Pasta bowl
Pizza Slice	Pizza Slice	Pizza Slice	Pizza Slice	Pizza Slice
Fresh Salad Bowl	Fresh Salad Bowl	Fresh Salad Bowl	Fresh Salad Bowl	Fresh Salad Bowl



Vegan meals are available on request.

All Main and Grab & Go menu options are part of the meal deal



Your menu Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Break

Brunch muffin Quorn sausage pattie & poached egg in a muffin	Bacon with cream cheese bagel	Cheese and bean toastie or wrap	Brunch muffin Quorn sausage pattie & poached egg in a muffin	Curry folded naan
Bacon roll	Bacon roll	Bacon roll	Bacon roll	Bacon roll
Belgian Waffle Warmed Pretzel	Belgian Waffle Warmed Pretzel	Belgian Waffle Warmed Pretzel	Belgian Waffle Warmed Pretzel	Belgian Waffle Warmed Pretzel
Buttered toast Buttered Bagel	Buttered toast Buttered crumpet	Buttered toast Buttered bagel	Buttered toast Buttered bagel	Buttered toast Croissant
Fresh Fruit & Yoghurts	Fresh Fruit & Yoghurts	Fresh Fruit & Yoghurts	Fresh Fruit & Yoghurts	Fresh Fruit & Yoghurts

Main Meals

Pork Sausages or Vegan Sausages	Beef Lasagne or Vegetable Lasagne	Roast of the Day or Vegan casserole	Chicken Tikka Masala or Vegetable and Chickpea curry	Fishy Friday or Cheese and tomato quiche
Served with creamy mashed potatoes and vegetables	Served with homemade garlic bread and fresh salad	Served with a Yorkshire pudding, roast potatoes and vegetables	Served with rice, seasonal vegetables, and naan	Served with chips, peas, and baked beans
Iced or cream filled buns Apricot oat cookie Chocolate brownie Sticky apple sponge	Iced or cream filled buns Lemon shortbread slice Chocolate cracknel Fruity yoghurt crunch	Iced or cream filled buns Cherry & coconut cookie Berry muffin Syrup sponge	Iced or cream filled buns Cookie Cornflake bar Chocolate pear cake	Iced or cream filled buns Chocolate cookie Flapjack Lemon sponge

Grab & Go

Paninis Cheese Cheese & ham Tuna melt	Paninis Cheese Cheese & ham Tuna melt	Paninis Cheese Cheese & ham Tuna melt	Paninis Cheese Cheese & ham Tuna melt	Paninis Cheese Cheese & ham Tuna melt
Chicken Tikka wrap, panini, rice or noodle bowl	Sweet chilli chicken wrap	Roast of the Day in a roll Piri-Piri chicken wrap	Teriyaki chicken wrap, panini, rice or noodle bowl	Fish finger sandwich BBQ Chicken Wrap
Jacket potato	Jacket potato	Jacket potato	Jacket potato	Jacket potato
Pasta bowl	Pasta bowl	Pasta bowl	Pasta bowl	Pasta bowl
Pizza Slice	Pizza Slice	Pizza Slice	Pizza Slice	Pizza Slice
Fresh Salad Bowl	Fresh Salad Bowl	Fresh Salad Bowl	Fresh Salad Bowl	Fresh Salad Bowl



Vegan meals are available on request.

All Main and Grab & Go menu options are part of the meal deal



Your menu

Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Break

Brunch muffin
Quorn sausage pattie &
poached egg in a muffin

Bacon roll

Belgian Waffle
Warmed Pretzel

Buttered toast
Buttered Bagel

Fresh Fruit & Yoghurts

Bacon with cream cheese
bagel

Bacon roll

Belgian Waffle
Warmed Pretzel

Buttered toast
Buttered crumpet

Fresh Fruit & Yoghurts

Cheese and bean
toastie or wrap

Bacon roll

Belgian Waffle
Warmed Pretzel

Buttered toast
Buttered bagel

Fresh Fruit & Yoghurts

Brunch muffin
Quorn sausage pattie &
poached egg in a muffin

Bacon roll

Belgian Waffle
Warmed Pretzel

Buttered toast
Buttered bagel

Fresh Fruit & Yoghurts

Curry folded naan

Bacon roll

Belgian Waffle
Warmed Pretzel

Buttered toast
Croissant

Fresh Fruit & Yoghurts

Main Meals

Chicken Burger
Beef burger
or
Vegetable burger

Served in a bun with fries
and a side of baked beans
and coleslaw

Iced or cream filled buns
Cookie
Carrot cake muffin
Apple & cinnamon
crumble

Chicken Rogan Josh
or
Quorn Rogan Josh

Served with rice,
vegetables, and naan

Iced or cream filled buns.
Cookie
Apple flapjack
Sprinkle Cake

Roast of the Day
or
Cheese and potato pie

Served with creamed
potatoes, vegetables, and
gravy

Iced or cream filled buns
Cookie
Chocolate cracknel
Jam shortbread sandwich

Big Breakfast
or
Vegetarian Big Breakfast

Served with hashbrowns,
tomatoes & baked beans

Iced or cream filled buns
Shortbread Slice
Banana Muffin
Sticky chocolate sponge

Fishy Friday
or
Quorn Dippers

Served with chips, peas,
and baked beans

Iced or cream filled buns
Cookie
Chocolate brownie
Fruit pie & ice cream

Grab & Go

Paninis

Cheese
Cheese & ham
Tuna melt

Chicken Tikka wrap, panini,
rice or noodle bowl

Jacket potato

Pasta bowl

Pizza Slice

Fresh Salad Bowl

Paninis

Cheese
Cheese & ham
Tuna melt

Sweet chilli chicken
wrap

Jacket potato

Pasta bowl

Pizza Slice

Fresh Salad Bowl

Paninis

Cheese
Cheese & ham
Tuna melt

Roast of the Day in a roll

Piri-Piri chicken wrap

Jacket potato

Pasta bowl

Pizza Slice

Fresh Salad Bowl

Paninis

Cheese
Cheese & ham
Tuna melt

Teriyaki chicken wrap,
panini, rice or noodle bowl

Jacket potato

Pasta bowl

Pizza Slice

Fresh Salad Bowl

Paninis

Cheese
Cheese & ham
Tuna melt

Fish finger sandwich

BBQ Chicken Wrap

Jacket potato

Pasta bowl

Pizza Slice

Fresh Salad Bowl