

# Your menu

Week 3

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chilli baked egg with a tortilla V</b> (Eggs baked in spicy tomato sauce) Buttered toast <b>Ve</b> Bacon cob Buttered bagel <b>Ve</b> Pizza crumpet <b>V</b>	<b>Bacon with cream cheese bagel</b> Buttered toast <b>Ve</b> Sausage cob Buttered crumpet <b>Ve</b> Pizza slice <b>V</b>	<b>Brunch muffin V</b> (Quorn sausage pattie & poached egg in a muffin) Buttered toast <b>Ve</b> Bacon cob Buttered teacake <b>Ve</b> Pitta pizza <b>V</b>	<b>Cheese and bean toastie V</b> Buttered toast <b>Ve</b> Bacon cob Buttered bagel <b>Ve</b> Pizza wrap <b>V</b>	<b>Curry folded naan</b> Buttered toast <b>Ve</b> Bacon cob Croissant <b>Ve</b> Pizza slice <b>V</b>

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Monday	Tuesday	Wednesday	Thursday	Friday
<b>Paninis</b> Cheese panini <b>V</b> Cheese & ham panini Tikka chicken wrap or panini <b>Jacket potato</b> With a selection of fillings & toppings <b>Pasta pot</b> Marinara pasta bowl <b>Ve</b> <b>Sub</b> Meatball sub	<b>Paninis</b> Cheese panini <b>V</b> Cheese & ham panini Sweet chilli chicken wrap or panini <b>Jacket potato</b> With a selection of fillings & toppings <b>Pasta pot</b> Americana pasta bowl <b>Ve</b> <b>Burrito</b> Roasted Veg Burrito <b>V</b>	<b>Paninis</b> Cheese panini <b>V</b> Cheese & ham panini Piri piri chicken wrap or panini <b>Jacket potato</b> With a selection of fillings & toppings <b>Pasta pot</b> Creamy tomato and spinach pasta bowl <b>Ve</b> <b>Cob</b> Roast of the day	<b>Paninis</b> Cheese panini <b>V</b> Cheese & ham panini Mediterranean chicken wrap or panini <b>Jacket potato</b> With a selection of fillings & toppings <b>Pasta pot</b> Pomodoro pasta bowl <b>Ve</b> <b>Other</b> Quesadilla	<b>Paninis</b> Cheese panini <b>V</b> Cheese & ham panini BBQ chicken wrap or panini <b>Jacket potato</b> With a selection of fillings & toppings <b>Pasta pot</b> Macaroni cheese bowl <b>Ve</b> <b>Sandwich</b> Fish finger sandwich

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<b>Organic beef burger</b> or <b>Vegetable burger V</b> Served in a bun with mini herb potatoes, baked beans, and coleslaw Cookie Carrot cake muffin Apple & cinnamon crumble	<b>Chilli beef tacos</b> or <b>Vegetarian tacos Ve</b> Served with spicy rice and zingy slaw. Chocolate orange cookie Apple flapjack Strawberry sponge	<b>Roast turkey with stuffing</b> or <b>Vegan cottage pie Ve</b> Served with creamed potatoes, seasonal vegetables, and gravy Raisin oat cookie Chocolate cracknel Jam shortbread sandwich	<b>Katsu chicken</b> or <b>Katsu Quorn Ve</b> Served with rice, seasonal vegetables, and naan Shortbread slice Banana muffin Sticky chocolate sponge	<b>Battered fish</b> or <b>Vegan sausage roll Ve</b> Served with chips, peas, and baked beans Cherry cookie Chocolate brownie Peaches with ice cream
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All main and Grab & Go menu options are part of the meal deal

Fresh fruit & yoghurt available daily

Ve = Vegan

V = Vegetarian