

# BREAK MENU

BREAK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISHES</b>	Hot Dogs Caramelized Onions (G,MK,E)	Ciabatta Chicken Pizza Hot Sauce (G,MK,E)	BBQ Chicken and Jalapeño Baguette (G,MK)	Cuban Chicken wraps with salad (G,MK)	Hot Chilli Sriracha Chicken panini (G,E,MK) Tuna melt panini (G,MK,F)
<b>VEGETARIAN</b>	Spicy Vegetable Samosa (G)	Pizza Marinara (G,MK)	Cheesy Bagels (G,MK)	Cheddar and Red Onion Puff (G,MK,E)	Cheese & Onion Panini (G,E,MK)
<i>EVERYDAY Favourites</i>	Chicken Fajita Panini Margarita Pizza Panini (G,MK,SU,M) Bacon Bloomer (G,MK)	Chicken Fajita Panini Margarita Pizza Panini (G,MK,SU,M) Bacon Bloomer (G,MK)	Chicken Fajita Panini Margarita Pizza Panini (G,MK,SU,M) Bacon Bloomer (G,MK)	Chicken Fajita Panini Margarita Pizza Panini (G,MK,SU,M) Bacon Bloomer (G,MK)	Chicken Fajita Panini Margarita Pizza Panini (G,MK,SU,M) Bacon Bloomer (G,MK)
	Chocolate Croissants (G,MK,E,P) Popcorn (M)	Chocolate Croissants (G,MK,E,P) Popcorn (M)	Chocolate Croissants (G,MK,E,P) Popcorn (M)	Chocolate Croissants (G,MK,E,P) Popcorn (M)	Chocolate Croissants (G,MK,E,P) Popcorn (M)
	Yoghurt & Granola Pots (G,MK) Fruit Pots / Fresh Fruit	Yoghurt & Granola Pots (G,MK) Fruit Pots / Fresh Fruit	Yoghurt & Granola Pots (G,MK) Fruit Pots / Fresh Fruit	Yoghurt & Granola Pots (G,MK) Fruit Pots / Fresh Fruit	Yoghurt & Granola Pots (G,MK) Fruit Pots / Fresh Fruit

## ALLERGENS

<b>CE</b> = Celery	<b>L</b> = Lupin	<b>P</b> = Peanuts
<b>CU</b> = Crustacean	<b>MK</b> = Milk	<b>SE</b> = Sesame
<b>E</b> = Eggs	<b>MO</b> = Mollusc	<b>SO</b> = Soya
<b>F</b> = Fish	<b>MU</b> = Mustard	<b>SU</b> = Sulphites
<b>G</b> = Gluten	<b>N</b> = Nuts	



# LUNCH MENU – Week 1

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISHES</b>	Chillied Beef, Rice Nachos with Sour Cream and Jalapeno's (G,MK)	Spicy Firecracker stir-fry Chicken and Buttered Noodles (E)	Chicken and spinach Curry and Rice Naan bread (G,MK,N)	Roasted Chipotle Chicken Vegetable Rice Mixed Salad	Battered Fish Chicken Gougons (G,E,MK,MU,F)
<b>VEGETARIAN</b>	Chillied Quorn, Rice Nachos with sour cream and Jalapeno's (SO,MK)	Sweet and Sour Quorn Buttered Noodles (SO,E)	Vegetable curry Rice and Naan (G,MK,N)	Macaroni Cheese Garlic Bread (M,G,)	Chips Beans Salad
<b>PASTA KING</b>	Pasta King (E,MK,G)	Pasta King (E,MK,G)	Pasta King (E,MK,G)	Pasta King (E,MK,G)	Pasta King (E,MK,G)
<b>GRAB &amp; GO</b>	Jacket Potato Bar (F,E,MK,MU) Hot Topping Salad Bar	Jacket Potato Bar (F,E,MK,MU) Hot Topping Salad Bar	Jacket Potato Bar (F,E,MK,MU) Hot Topping Salad Bar	Jacket Potato Bar (F,E,MK,MU) Hot Topping Salad Bar	Jacket Potato Bar (F,E,MK,MU) Hot Topping Salad Bar
<b>DESSERT</b>	Cakes (E,MK,G) Fruit Pots/Bags	Cakes (E,MK,G) Fruit Pots/Bags	Cakes (E,MK,G) Fruit Pots/Bags	Cakes (E,MK,G) Fruit Pots/Bags	Cakes (E,MK,G) Fruit Pots/Bags

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**CE** = Celery

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**SO** = Soya

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# LUNCH MENU – Week 2

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN DISHES</b>	Lasagne, Mixed Salad And Garlic bread (G,MK,E)	Piri Piri Roast Dinner And Trimming (G,E,MK)	TexMex Chicken Burrito Spicy Rice, Salsa, guacamole and Mixed Salad (G,SO,MK,SE)	Jamaican BBQ Chicken (SO,MK,E)	Battered Fish Chicken Gougons (G,E,MK,MU F)
<b>VEGETARIAN</b>	Roasted Vegetable Lasagne, Salad and Garlic bread (G,MK,E)	Vegetable En-croute And Trimmings (G,E,MK)	Falafel Burrito Spicy Rice, Salsa, guacamole and Mixed Salad (G,SO,MK,SE)	Spicy Quorn Jumbalaya Rice & Peas Salad Coleslaw (E,Mu)	Chips Beans Salad
<b>PASTA KING</b>	Pasta King (E,MK,G)	Pasta King (E,MK,G)	Pasta King (E,MK,G)	Pasta King (E,MK,G)	Pasta King (E,MK,G)
<b>GRAB &amp; GO</b>	Jacket Potato Bar (F,E,MK,MU) Hot Topping/Salad Bar	Jacket Potato Bar (F,E,MK,MU) Hot Topping/Salad Bar	Jacket Potato Bar (F,E,MK,MU) Hot Topping/Salad Bar	Jacket Potato Bar (F,E,MK,MU) Hot Topping/Salad Bar	Jacket Potato Bar (F,E,MK,MU) Hot Topping/Salad Bar
<b>DESSERT</b>	Cakes (E,MK,G) Fruit Pots/Bags	Cakes (E,MK,G) Fruit Pots/Bags	Cakes (E,MK,G) Fruit Pots/Bags	Cakes (E,MK,G) Fruit Pots/Bags	Cakes (E,MK,G) Fruit Pots/Bags

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