



**BUY INDIVIDUAL ITEMS FOR
£1.10 OR LESS**

OR

4

**BUNDLE ANY
4 ITEMS FOR**

£

HOT DELI

	PRICE
Garlic Bread	£1.10
Pizza Melt Bap/Boat	£1.10
Cheese On Toast/Bap	£1.10
Pizza Melt Quesadilla	£1.10
BBQ Melt Bap	£1.10
Spinach & Hash Brown	£1.10
Egg Bite	

COLD DELI

A Selection of Rolls: Ham, Cheese, Tuna, Chicken Mayo, Egg Mayo	£1.10
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DRINKS

200ml Radnor Carton	£1.10
Bottle of Water	£1.10
Generation Juice - 500ml	£1.10
200ml Flavoured Milk	£1.10

4OZ POTS

	PRICE
Selection of Fruit Pots	£1.00
Selection of Jelly Pots	£1.00
Selection of Yoghurt Pots	£1.00
Selection of Seed Pots	£1.00
Selection of Protein Pots	£1.00

HOMEBAKES

Mini Muffin	£1.00
Mini Cookie	£1.00
Mini Shortbread Triangle	£1.00
Mini Flapjack Triangle	£1.00

Push Up Lolly	£1.10
Twin Lolly	£1.10
Ice Cream Pot	£1.10
Rocket Lolly	£1.10

* Not all items are
available everyday

WEEK COMMENCING

02/09/2024 23/09/2024 14/10/2024 04/11/2024 25/11/2024 16/12/2024
06/01/2025 27/01/2025 17/02/2025 10/03/2025 31/03/2025

(V) - VEGETARIAN
(VE) - VEGAN

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Buffalo Chicken with Smoked Paprika Wedges and Cajun Corn

TUESDAY

Classic Beef Lasagne, Garden Salad & Homemade Garlic Bread

WEDNESDAY

Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

THURSDAY

Chicken Massaman Curry, Wholegrain & White Rice with Pineapple, Lime & Cucumber Salsa

FRIDAY

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce

MONDAY

Bang Bang Cauliflower, Smoked Paprika Wedges and Cajun Corn (V)

TUESDAY

Vegetable & Mixed Bean Lasagne, Garden Salad & Homemade Garlic Bread (V)

WEDNESDAY

Leek & Spinach Wellington, Crisp Roasties, Seasonal Vegetables & House Gravy (V)

THURSDAY

Pea & Halloumi Fritters, Wholegrain & White Rice, Pineapple, Lime & Cucumber Salsa (V)

FRIDAY

Vegan Onion Bhaji Burger with Slaw, Chips & Peas (VE)

DESSERTS

MONDAY

Chocolate Sponge & Chocolate Sauce

TUESDAY

Apple Strudel & Custard

WEDNESDAY

Peach Kuchen

THURSDAY

Pear & Cocoa Sponge

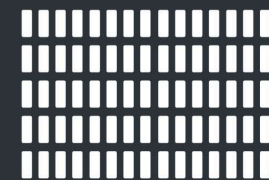
FRIDAY

Manager's Special

Fruit & Yoghurt Pots Available Daily

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily



MONDAY

Buffalo Cauliflower Wings on Salt & Pepper Wedges (V)

TUESDAY

Garlic & Lemon Chicken Gyros

WEDNESDAY

Chicken Yakitori with Rice

THURSDAY

Loaded Potato Skins

FRIDAY

Manager's Street Vibes Special

NATURALLY



MONDAY

Chilli & Lime Glazed Tofu Skewer with Tomato Rice (VE)

TUESDAY

Vegan Singapore Noodles (VE)

WEDNESDAY

Jerk Jackfruit Open Wrap (V)

THURSDAY

Pakistani Tarka Dhal (V)

FRIDAY

Manager's Special

TRATTORIA



MONDAY

Tomato & Basil Pasta

TUESDAY

Creamy Pesto Pasta

WEDNESDAY

Mozzarella & Tomato or Vegan Roast Vegetable Pizza

THURSDAY

Pasta in Cheese Sauce

FRIDAY

Mozzarella & Tomato or Manager's Special

Our Vegetarian and Vegan recipes are approved by the Vegetarian Society.



WEEK COMMENCING

09/09/2024 30/09/2024 21/10/2024 11/11/2024 02/12/2024
23/12/2024 13/01/2025 03/02/2025 24/02/2025 17/03/2025

(V) - VEGETARIAN
(VE) - VEGAN

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Traditional Sausage & Mash with Onion Gravy

TUESDAY

Creamy Garlic Chicken & Mushroom Pasta with Garden salad

WEDNESDAY

Hand Carved Roast British Turkey, Crisp Roasties, Seasonal Vegetables, & House Gravy

THURSDAY

Smokey Beef Chilli Con Carne with Rice, Nachos & Corn

FRIDAY

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce

MONDAY

Vegan Sausage & Mash with Onion Gravy (VE)

TUESDAY

Gnocchi with Roasted Vegetables in a Tomato & Basil Sauce (VE)

WEDNESDAY

Open Harissa Roasted Squash & Feta Pie with Seasonal Vegetables or Salad (V)

THURSDAY

Smokey Plant Based Chilli with Rice, Nachos & Corn (V)

FRIDAY

Vegan Falafel Burger, Naked Slaw, Mango Chutney, Chips & Peas (VE)

DESSERTS

MONDAY

Apple Pie & Custard

TUESDAY

Peach & Pineapple Crumble

WEDNESDAY

Sticky Coconut & Jam Pudding

THURSDAY

Baked Churros with Chocolate Sauce

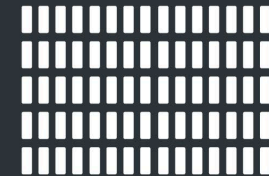
FRIDAY

Manager's Special

Fruit & Yoghurt Pots Available Daily

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily



MONDAY

Caramelised Onion & Mozzarella Poutine

TUESDAY

Gochujang Chicken & Sesame Rice Pot

WEDNESDAY

Mei Goreng Indonesian Fried Noodles

THURSDAY

Korean Fried Crispy Chicken

FRIDAY

Manager's Street Vibes Special

NATURALLY



MONDAY

Reggae Reggae Jackfruit Curry (V)

TUESDAY

Spiced Paneer & Red Onion Naan (V)

WEDNESDAY

Vegan Ramen Bowl (VE)

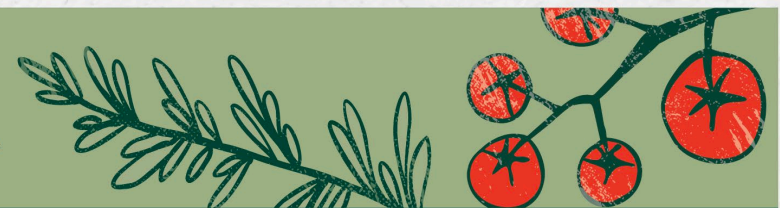
THURSDAY

The Big Plant Burger (VE)

FRIDAY

Manager's Special

TRATTORIA



MONDAY

Tomato & Basil Pasta

TUESDAY

Creamy Pesto Pasta

WEDNESDAY

Mozzarella & Tomato or BBQ Bean Pizza

THURSDAY

Pasta in Cheese Sauce

FRIDAY

Mozzarella & Tomato or Manager's Special

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WEEK COMMENCING

26/08/2024 16/09/2024 07/10/2024 28/10/2024 18/11/2024 09/12/2024
 30/12/2024 20/01/2025 10/02/2025 03/03/2025 24/03/2025

(V) - VEGETARIAN
 (VE) - VEGAN

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Kung Pao Chicken, Wholegrain & White Egg Fried Rice

TUESDAY

Beef & Tomato Ragout with Wholegrain Pasta & House Salad

WEDNESDAY

Salt & pepper Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

THURSDAY

Chicken Bhuna with Pilau Rice & Homemade Raita

FRIDAY

Chip Shop "Fryday" Fish,, Pizza or Fishcake & Chips with Peas and Tartare Sauce

MONDAY

Sweet & Sour Vegetables with Wholegrain & White Egg Fried Rice (V)

TUESDAY

Plant Based Ragout with Wholegrain Pasta & House Salad (VE)

WEDNESDAY

Crunchy Topped Macaroni Cheese with House Salad or Seasonal Vegetables (V)

THURSDAY

Paneer & Chickpea Korma with Pilau Rice & Homemade Raita (V)

FRIDAY

Jamaican Squash Pasty with Sweet Chilli Sauce and Chunky Chips (V)

DESSERTS

MONDAY

Pineapple Upside Down Cake

TUESDAY

Warm Blueberry Sponge

WEDNESDAY

Dropped Pancake Bar

THURSDAY

Apple & Mixed Berry Crumble with Vanilla Sauce

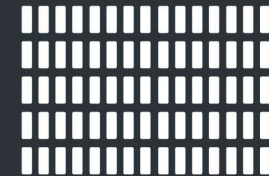
FRIDAY

Manager's Special

Fruit & Yoghurt Pots Available Daily

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily



MONDAY

Chinese Style Vegan Noodles (VE)

TUESDAY

Chipotle Chicken Chimichanga

WEDNESDAY

Loaded Mediterranean Street Cart Wedges

THURSDAY

Thai Fried Rice

FRIDAY

Manager's Street Vibes Special

NATURALLY



MONDAY

Fork Friendly Falafel Kebab (V)

TUESDAY

Smoked Tofu & Caponata Burger (V)

WEDNESDAY

Seeded Vegan Sausage Roll (VE)

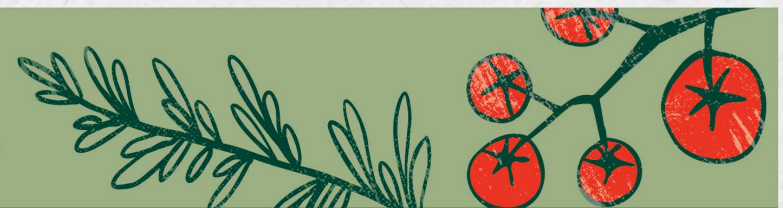
THURSDAY

Onion Bhaji Skewer with Bombay Potatoes (V)

FRIDAY

Manager's Special

TRATTORIA



MONDAY

Tomato & Basil Pasta

TUESDAY

Creamy Pesto Pasta

WEDNESDAY

Mozzarella & Tomato or BBQ Pepperoni Pizza

THURSDAY

Pasta in Cheese Sauce

FRIDAY

Mozzarella & Tomato or Manager's Special

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DAILY MEAL DEALS

Bringing You Great Value Every Day!

Small Panini + Flapjack or
Shortbread
£2

12oz Pasta Pot with Dessert or
Piece of Fruit or Bottle of Water
£2.50

Main Meal with Dessert or
Piece of Fruit or Bottle of Water
£2.50

Jacket Potato with 2 Toppings with
Dessert or Piece of Fruit or Water
£2.50

Sub Roll with Piece of Fruit or
Flapjack or Shortbread
£2.50



'BUILD YOUR OWN' DEAL
Bundle x4 Blue Dot Labelled Items

**POWER
BITES**

Every Item Just £1.30

Pasta, rice and noodle pots,
glazed breadsticks and more!

