



WEEK ONE	<i>Meat free MONDAY</i>	<i>Classic TUESDAY</i>	<i>ROAST WEDNESDAY</i>	<i>AROUND THE WORLD THURSDAY</i>	<i>TREAT FRIDAY</i>
ACADEMY Main £2.00	Margareta pizza	Chicken & butterbean Stew with Mash	Roast Chicken	Chinese vegetal stir fry and egg noodles	Battered Cod fish filled
ACADEMY Veggie £2.00	Vegetable & Bean Burrito	Vegetable Stew with Mash	Vvegetable Hotpot	Mutter paneer curry	Home Produced Cheese & Onion Roll
ACADEMY Sides	Potato wedges Sweetcorn Garlic Bread	Mash Potatoes Green Beans	Roast Potatoes Diced Carrots, Swede	Boiled wholegrain Rice Curried Cauliflower & spinach	Chips Mushy Peas Beans Curry Sauce
ACADEMY snack	Mac N Cheese	Fish finger sub	Wing it Wednesday	Chicken Tower burgers	Panini of the day

Food Allergies & Intolerance If you require information on allergens or suffer from a food intolerance please speak to a team member before you order your food or drinks.





WEEK TWO	<i>Gluck Meat free</i> MONDAY	<i>Classic</i> TUESDAY	ROAST WEDNESDAY	AROUND THE WORLD THURSDAY	TREAT FRIDAY
ACADEMY Main £2.00	Margarita pizza	Chicken Bangers & Mash Served with onion gravy	Roast Turkey	Mexican Chicken Chilli	Battered Cod fish fillet
ACADEMY Veggie £2.00	4 Quorn Nuggets Chili Wedges and Chili BBQ Slaw	Veggie Bangers & Mash Served gravy	Vegetable Calzone	Vegetable Five Bean Chilli	Vegetable Finger Wrap Served With a Spicy Mayo
ACADEMY Sides	Baked Chili Wedges Garlic Bread Slice Sweetcorn	Mash Broccoli	Roast Potatoes Potato Wedges Baton Carrots	Wholegrain Rice Vegetable Medley	Chips Mushy Peas Beans Curry Sauce
Academy smack	Tomato & Basil Pasta Bake	Tower Burger	Wing it Wednesday	Dirty Nacho's	Fish finger wrap with Salt & vinegar mayo

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WEEK THREE	<i>Meat free</i> MONDAY	TUESDAY	<i>ROAST</i> WEDNESDAY	<i>AROUND THE</i> WORLD THURSDAY	<i>TREAT</i> FRIDAY
	ACADEMY Main £2.00	Margarita Pizza	Toadless in the hole	Roasted Chicken	One pot Chicken Teriyaki
ACADEMY Veggie £2.00	Quorn Bolognais e served with Spaghetti	Quorn Mince & Vegetable Pie	Vegetable & Bean Strudel	Roasted Vegetable & Quorn Lasagne	Quorn Nuggets
ACADEMY Sides	Potato Wedges Garlic Bread Slice Pepper & Sweetcorn	Herby Diced Green Beans	Roast Potatoes Sliced Carrots	Noodles Sweetcorn	Chips Baked Beans Mushy Peas Curry Sauce
Academy smack	Creamy Cajun Pasta Bake	Piri – Piri Chicken Kebab	Wing it Wednesday	Sloppy Joes Quorn Sub	Fishcake Burger, Served with Salt & vinegar mayo

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