

WEEK 1	Main Course Meat	Vegetarian Main Course	Vegetable/ Salad Accompaniments		Hot Lite Bites	Cold Bites	Hot Desserts	Cold Desserts	Drinks
<b>MONDAY</b>	BBQ Chicken drumsticks with savoury vegetable rice (50)	Vegetable saag curry with pilau rice and naan bread (35)	Jacket potato wedges (150) Mixed vegetables (50) Mixed salad (15) Coleslaw (15) Baked beans (65) Cheese (40) Gravy	<b>Fresh Bread Available Every Day</b>	Vegetarian Pizza (35) - Spicy coated chicken breast in a seeded bun, salad, cheese (20) - Vegetable slice in a bun with salad and cheese (30) - 100% beef burger in a bun with salad & cheese (25)	Selection of home-made sandwiches, rolls & baguettes  Tuna Salad(40) Cheese Salad (40) Ham Salad (12) Chicken Salad (12) Egg Salad (6) Salad (6)	Apricot Sponge & custard (12) - Sponge with custard (25)	Cheese & Crackers (20) Cakes (50) Fresh Fruit (12) Fruit Pots (35) Fruit Bags (25) Fruit Yoghurts (6) Jelly (28) Chocolate fudge cake	Aqua Juice (50) Flavoured Milks (25) Orange Juice (30) Apple Juice (30) Juice Cartons (50) Water (50)
<b>TUESDAY</b>	Moroccan chicken & vegetable couscous (60)	Jacket potato & fillings (50) - Tomato & basil pasta (80)	Baked Beans (15) Mixed Salad (20) Coleslaw (20)		Vegetarian Pizza (35) - Spicy coated chicken breast in a seeded bun, salad, cheese (20) - Vegetable slice in a bun with salad and cheese (30) - Home-made 100% beef burger in a bun with salad & cheese (25)	Salad Bar (45) - Home-made sandwiches, rolls & baguettes  (as above)	Sultana steamed pudding & custard (12) - Sponge with custard (25)	Cheese & Crackers (20) Cakes (50) Fresh Fruit (12) Fruit Pots (35) Fruit Bags (25) Fruit Yoghurts (6) Jelly (28) Chocolate fudge cake	Aqua Juice (50) Flavoured Milks (25) Orange Juice (30) Apple Juice (30) Juice Cartons (50) Water (50)
<b>WEDNESDAY</b>	Roast turkey, stuffing and gravy (100)	Vegetarian sausages with onion gravy (40) - Macaroni cheese pasta (80)	Roast potatoes (120) Baked beans (30) Mixed salad (25) Yorkshire puddings (20) Broccoli and carrots (100)		Vegetarian Pizza (35) - Spicy coated chicken breast in a seeded bun, salad, cheese (20) - Vegetable slice in a bun with salad and cheese (30) - 100% beef burger in a bun with salad & cheese (25)	Salad Bar (45) - Home-made sandwiches, rolls & baguettes  (as above)	Chocolate sponge with chocolate custard (20)	Cheese & Crackers (20) Cakes (50) Fresh Fruit (12) Fruit Pots (35) Fruit Bags (25) Fruit Yoghurts (6) Jelly (28) Chocolate fudge cake	Aqua Juice (50) Flavoured Milks (25) Orange Juice (30) Apple Juice (30) Juice Cartons (50) Water (50)
<b>THURSDAY</b>	Chicken noodle chow mein	Sweet and sour vegetables with noodles (100) - Wraps of chicken tikka, tuna or cheese with salad & coleslaw	Jacket potato (20) Baked beans (15) Mixed salad (15) Coleslaw (15)		Vegetarian Pizza (35) - Spicy coated chicken breast in a seeded bun, salad, cheese (20) - Vegetable slice in a bun with salad and cheese (30) - 100% beef burger in a bun with salad & cheese (25)	Salad Bar (45) - Home-made sandwiches, rolls & baguettes  (as above)	Apple & blackberry crumble with custard (12) - Sponge with custard (25)	Cheese & Crackers (20) Cakes (50) Fresh Fruit (12) Fruit Pots (35) Fruit Bags (25) Fruit Yoghurts (6) Jelly (28) Flapjacks	Aqua Juice (50) Flavoured Milks (25) Orange Juice (30) Apple Juice (30) Juice Cartons (50) Water (50) Sparkling water
<b>FRIDAY</b>	Wholemeal breaded salmon on a bed of spinach, mushrooms and pepper (25) - Herb crusted fillet of fish (36) - Fish fingers (12)	Cheese & red onion quiche (20)	Chips (150) Baked Beans (80) Mixed Salad (25) Cheese (25) Gravy Cauliflower & broccoli with cheese sauce		Vegetarian Pizza (35) - Spicy coated chicken breast in a seeded bun, salad, cheese (20) - Vegetable slice in a bun with salad and cheese (30) - 100% beef burger in a bun with salad & cheese (25)	Selection of home-made sandwiches, rolls & baguettes (as above)	Sponge with custard (25) - Rice pudding (15)	Cheese & Crackers (20) Cakes (50) Fresh Fruit (12) Fruit Pots (35) Fruit Bags (25) Fruit Yoghurts (6) Jelly (28) Flapjacks	Aqua Juice (50) Flavoured Milks (25) Orange Juice (30) Apple Juice (30) Juice Cartons (50) Water (50)

() = student uptake

<b><u>Specials – Week 1</u></b>
Courgette, Potato and Pepper
Ham, Salad and Potato Wedges
Stuffed Jacket Potatoes with cheese and onion or bacon, mushroom and cheese
Chicken Tikka Parcels with salad
Vegetable Chow Mein

AUTUMN 2010 MENU – WEEK 2

WEEK 2	Main Course Meat	Vegetarian Main Course	Vegetable/ Salad Accompaniments		Hot Lite Bites	Cold Bites	Hot Desserts	Cold Desserts	Drinks
<b>MONDAY</b>	Chicken Breast in a tomato & mushroom sauce with rice (35)	Lentil & Vegetable Curry, rice & home-made naan (50)	Jacket Potato (12) Potato Wedges (150) Mixed Salad (25) Coleslaw (15) Baked Beans (25) Rice Peas & Sweetcorn (25) Gravy (45)	<b>Fresh Bread Available Every Day</b>	Vegetable Slice in a bun with Salad & Cheese (35) - Vegetarian Pizza (20) - Chicken Breast in smart crumb in a bun with salad & cheese (20) - 100% Beef Burger in a bun with salad & cheese (25)	Selection of home-made sandwiches, rolls & baguettes  Tuna Salad(40) Cheese Salad (40) Ham Salad (12) Chicken Salad (12) Egg Salad (6) Salad (6)	Chocolate Sponge with chocolate custard (12)	Cheese & Crackers (20) Cakes (50) Fresh Fruit (12) Fruit Pots (35) Fruit Bags (35) Fruit Yoghurts (6) Sliced melon (12) Chocolate Fudge Cake (18) Jelly	Aqua Juice (73) Flavoured Milks (63) Orange Juice (70) Apple Juice (47) Juice Cartons (45) Water (60)
<b>TUESDAY</b>	Pasta with chicken, peppers, mushrooms & spinach in a pesto sauce (60)	Tomato & Basil Pasta (80)	Jacket Potato (60) Carrots & Peas (45) Mixed Salad (25) Coleslaw (20) Baked Beans (30)		Vegetable Slice in a bun with Salad & Cheese (35) - Vegetarian Pizza (20) - Chicken Breast in smart crumb in a bun with salad & cheese (20) - 100% Beef Burger in a bun with salad & cheese (25) - BBQ Chicken Drumsticks (20)	Salad Bar (45) - Home-made sandwiches, rolls & baguettes  (as above)	Sponge with custard (25) - Fruit crumble with custard (12)	Cheese & Crackers (20) Cakes (50) Fresh Fruit (12) Fruit Pots (35) Fruit Bags (35) Fruit Yoghurts (6) Sliced melon (12) Chocolate Fudge Cake (18) Jelly	Aqua Juice (73) Flavoured Milks (63) Orange Juice (70) Apple Juice (47) Juice Cartons (45) Water (60)
<b>WEDNESDAY</b>	Lamb lasagne (80)	Cheese tortellini (80) - Tomato & Basil Pasta (80)	Jacket Potato (12) Baked Beans (20) Mixed Salad (20) Coleslaw (15) Garlic Bread (20)		Vegetable Slice in a bun with Salad & Cheese (35) - Vegetarian Pizza (20) - Chicken Breast in smart crumb in a bun with salad & cheese (20) - 100% Beef Burger in a bun with salad & cheese (25)	Salad Bar (45) - Home-made sandwiches, rolls & baguettes  (as above)	Steamed Syrup Pudding & Custard (12) - Sponge with custard (25)	Cheese & Crackers (20) Cakes (50) Fresh Fruit (12) Fruit Pots (35) Fruit Bags (35) Fruit Yoghurts (6) Sliced melon (12) Choc Fudge Cake (18) Jelly	Aqua Juice (73) Flavoured Milks (63) Orange Juice (70) Apple Juice (47) Juice Cartons (45) Water (60)
<b>THURSDAY</b>	Chicken & Spinach Curry, rice & naan bread (60) - Chicken Wraps or Tuna (30)	Bombay Potato, Curry, rice & naan bread (45) - Vegetable Wraps (20) - Tomato & Pepper Pasta bake (75)	Jacket Potato (15) Baked Beans (20) Mixed Salad (25) Coleslaw (30) Garlic Bread (20)		Vegetable Slice in a bun with Salad & Cheese (35) - Vegetarian Pizza (20) - Chicken Breast in smart crumb in a bun with salad & cheese (20) - 100% Beef Burger in a bun with salad & cheese (25)	Salad Bar (45) - Home-made sandwiches, rolls & baguettes  (as above)	Sultana Sponge with Custard (12) - Sponge with custard (25)	Cheese & Crackers (20) Cakes (50) Fresh Fruit (12) Fruit Pots (35) Fruit Bags (35) Fruit Yoghurts (6) Sliced melon (12) Choc Fudge Cake (18) Jelly	Aqua Juice (73) Flavoured Milks (63) Orange Juice (70) Apple Juice (47) Juice Cartons (45) Water (60)
<b>FRIDAY</b>	Herb-crusted fillet of fish (36) - Salmon with spinach & mushrooms (24) - Fish fingers (12)	Vegetable Tortilla (20)	Chips (150) Baked Beans (60) Mixed Salad (20) Coleslaw (15) Peas & Carrots (20) Gravy (45)		Vegetable Slice in a bun with Salad & Cheese (35) - Vegetarian Pizza (20) - Chicken Breast in smart crumb in a bun with salad & cheese (20) - 100% Beef Burger in a bun with salad & cheese (25)	Selection of home-made sandwiches, rolls & baguettes  (as above)	Bread & Butter Pudding with custard (14) - Sponge with custard (25)	Cheese & Crackers (20) Cakes (50) Fresh Fruit (12) Fruit Pots (35) Fruit Bags (35) Fruit Yoghurts (6) Sliced melon (12) Choc Fudge Cake (18) Jelly	Aqua Juice (73) Flavoured Milks (63) Orange Juice (70) Apple Juice (47) Juice Cartons (45) Water (60)

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<b><u>Specials – Week 2</u></b>
Vegetable and Spinach Puff
Sausage and Mash with Onion Gravy
Tortellini with a Mushroom and Pepper Pesto
Baked Scampi
Vegetable Biriani



## Price List

Morning Break		Lunch		Desserts	
Half bagel with cheese	60p	Main course (meat)	£1.50	Pudding & custard	70p
Full bagel with cheese	£1.20	Main course (veg)	£1.50	Cakes	60p
Samosa	90p	Jacket potato & filling	£1.50	Chocolate fudge cake	80p
Slice of toast	80p	Jacket potato with cheese	£1.20	Fruit bag	50p
Chicken tikka / Meatball	£1.20	Fish & chips	£1.50	Fruit pot	£1.00
Bacon roll	£1.00	All burgers	£1.20	Fresh fruit	40p
Cheese & onion pasty	£1.00	Salad / cheese	20p	Yoghurt	50p
Chicken stick	60p	Chips/potato wedges	£1.10	Crackers	20p
		“ “ beans	£1.40	Cheese	30p
		“ “ beans & cheese	£1.60	Butter	10p
		Pizza slice	90p		
		Garlic bread	15p		
		Filled wraps	£1.50		
		<b>Sandwich Bar</b>			
		Filled roll	£1.10		
		Sandwich	£1.20		
		Baguette	£1.30		
		Salad pot	£1.50		