

ALLERGEN STATEMENT

ALL OUR FOOD IS PREPARED IN A KITCHEN WHERE GLUTEN AND OTHER ALLERGENS ARE PRESENT AND OUR MENU DESCRIPTIONS DO NOT INCLUDE ALL INGREDIENTS.

IF YOU HAVE A FOOD ALLERGY, PLEASE LET US KNOW BEFORE ORDERING. FULL ALLERGEN INFORMATION IS AVAILABLE ON REQUEST



MONDAY

BREAK

HOT GRAB & GO
CORNISH SAUSAGE ROLL
VEGAN SAUSAGE ROLL
BAGELS, PIZZA & PANINIS
WITH VARIOUS FILLINGS

LUNCH

MAC'N'CHEESE SERVED WITH
GARLIC BREAD
SWEET CHILLI STIR FRY WITH
NOODLES
JACKET POTATO WITH TUNA
MAYO, CHEESE AND BEANS ALL
SERVICED WITH SALAD AND
COLESLAW

HOT GRAB & GO
SELECTION OF PIZZA, PANINI

TUESDAY

BREAK

HOT GRAB & GO
HOT'N'KICKEN CHICKEN
WINGS
PAPRIKA CHEESE TWIST
BAGELS, PIZZA & PANINIS
WITH VARIOUS FILLINGS

LUNCH

SAUSAGE AND MASH WITH
BEANS AND PEAS
GLAMORGAN SAUSAGES WITH
MASH BEANS AND PEAS
JACKET POTATO WITH CHEESE
AND BEANS WITH FRESH SALAD

HOT GRAB & GO
SELECTION OF PIZZA, PANINI &
ORIENTAL NOODLES

FRESH FRUIT, JELLY & YOGURT

WEDNESDAY

BREAK

HOT GRAB & GO
BBQ MARINATED CHICKEN IN A
WRAP
QUORN NUGGETS IN A WRAP
BAGELS, PIZZA & PANINIS WITH
VARIOUS FILLINGS

LUNCH

CHICKEN SKEWERS WITH
COUSCOUS & ROAST
MEDITERRANEAN VEGETABLES
IN A PITTA BREAD
HALLOUMI WITH COUSCOUS
ROAST MEDITERRANEAN VEG IN
A PITTA BREAD
TOMATO AND BASIL PASTA POT
WITH GARLIC BREAD

HOT GRAB & GO
SELECTION OF PIZZA, PANINI &
ORIENTAL NOODLES

FRESH FRUIT, JELLY & YOGURT

THURSDAY

BREAK

BACON AND CHEESE
TURNOVER
CHEESE AND ONION PASTY
BAGELS, PIZZA & PANINIS
WITH VARIOUS FILLINGS

LUNCH

BEEF BURGER IN A BUN WITH
OVEN COOKED FRENCH FRIES,
LETTUCE & MAYO
VEGGIE BURGER IN A BUN
WITH OVEN FRENCH FRIES,
LETTUCE & MAYO
JACKET POTATO WITH
CHEESE, COLESLAW OR
BEANS

HOT GRAB & GO
SELECTION OF PIZZA, PANINI
& ORIENTAL NOODLES

FRESH FRUIT & YOGURT

FRIDAY

BREAK

HOT GRAB & GO
CHICKEN BURGER IN A BUN
WITH MAYO & SALAD
HALOUMI WRAP WITH MAYO
AND SALAD

LUNCH

CHICKEN TIKKA CURRY WITH
BASMATI RICE & A NAAN
BREAD
VEGETABLE TIKKA CURRY
WITH BASMATI RICE & A
NAAN BREAD
A CHOICE OF PIZZA & PANINI
WITH VARIOUS FILLINGS

HOT GRAB & GO
SELECTION OF PIZZA, PANINI
& ORIENTAL NOODLES

FRESH FRUIT, JELLY &
YOGURT