

Menu Week 1



Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Pork meat balls in a rich tomato sauce served with wholemeal rice and side salad £2.40	Option 1 Chicken Curry served with wholemeal rice, naan bread, side salad or sweetcorn £2.40	Option 1 Traditional roast dinner served with creamed potatoes, carrots and peas £2.40	Option 1 Meat and potato pie with served with fresh cabbage, beetroot and gravy £2.40	Option 1 BBQ chicken fillet served in a brioche bun with chips and side salad £2.40
Option 2 Mediterranean three bean chilli (v) served with wholemeal rice and side salad £1.95	Option 2 Tomato pasta (v) served with a bread roll, side salad or sweetcorn £1.95	Option 2 Cheese flan (v) served with mashed potatoes, carrots and peas £1.95	Option 2 Tasty biryanis (v) served with a side salad £1.95	Option 2 Chip shop Style fish chips and mushy peas £1.95
Marble sponge with chocolate Sauce 65p Iced vanilla muffin 65p Ginger biscuit 43p	Fruit compote 83p Aussie crunch 65p Shortbread biscuit 43p	Fruit based cheesecake 65p Iced sponge 65p Lemon oat cookie 43p	Ginger pear upside down pudding and custard 65p Chocolate brownie 65p Melting moment biscuit 43p	Fruit compote 83p Iced muffin 65p Syrup oaties 43p



Menu Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Option 1 Baked Sausage served with creamed potatoes and baked beans £2.40	Option 1 Chicken curry served with wholemeal rice, naan bread, side salad or sweetcorn £2.40	Option 1 Homemade meat pie served with creamed potatoes and garden peas £2.40	Option 1 Bolognaise served with wholemeal pasta and side salad £2.40	Option 1 Beef burger served in a brioche bun served with chips and side salad £1.55
Option 2 Macaroni cheese (v) served with a bread roll, side salad or mixed vegetables £1.95	Option 2 Oven baked lasagne (v) served with a side salad or sweetcorn £1.95	Option 2 Tomato pasta (v) served with a bread roll, side salad or garden peas £1.95	Option 2 Vegetarian meatballs (v) served with wholemeal pasta and a side Salad £1.95	Option 2 Chip shop style fish chips and mushy peas £1.95
Hawaiian crumble and custard 65p	Manchester tart 65p	Fruit compote 83p	Chocolate brownie 65p	Fruit base cheesecake 65p
Lemon drizzle cake 65p	Orange crunch muffins 65p	Raspberry bun 65p	Oat and raisin cookie 43p	Iced chocolate muffin 65p
Shrewsbury biscuit 43p	Ginger biscuit 43p	Vanilla shortbread 43p	Coconut Biscuit 43p	



Hot Snacks

Hot Snacks

Filled jacket potato	£1.26
	£1.97
Pasta King	£1.85
Love Joes wrap	£1.95
Pizza slice	£1.25
Curry pot meat	£1.95
Curry pot (sauce only)	£1.85
Chips	£1.06
Chicken paninette	£1.95
Soya balti wrap	£1.95
Quorn Pasta King	£1.85

Hot Sandwiches

Hot filled baguettes	£1.80
Hot filled tortilla wrap	£1.80
Hot filled panini	£1.80



Drinks

Calypso fresh fruit juice cuplet 85ml	32p
Smoothie Jubblie 62ml	43p
Milk carton 200ml	51p
Aqua Calypso cup drink 185ml	43p
Calypso pure fruit juice carton 150ml	51p
Harrogate water 330ml	65p
Drink fit milk shake 200ml	65p
Yazoo flavoured sugar free milk 200ml	65p
Carters drinks 300ml	71p
Harrogate still water bottle 500ml	71p
Zing cans 250ml	83p
Suso bottle 200mL	83p
Moo Milk 330ml	83p
Aqua juice bottle 300ml	83p



Salad & Fruit

Side salad	43p
Pasta salad 250cc	£1.06
Cheese portion 125cc	71p
Fresh fruit (whole)	43p
Fruit pots 10oz	83p
Grape pots 125cc	71p
Yoghurt (125gm)	65p
Cheese and crackers	83p



Salad Bar

Salad Bar

£2.40

Includes free salad cream sachet

1 protein item

Egg cheese, 1 slice cooked meat,
cottage cheese, tuna pasta, chicken pasta

1 carbohydrate
item

Pasta salad, rice salad, potato salad

5 salad items

Lettuce, tomato, cucumber, sliced onions,
grated carrot, sweetcorn, beetroot,
coleslaw, peppers, pickles



Make it a Meal Deal

WEEK 1 – MONDAY

Option 1

Pork meat balls in a rich tomato sauce served with wholemeal rice and side salad £2.40

Option 2

Mediterranean three bean chilli (v) served with wholemeal rice and side salad £1.95



Make it a Meal Deal

WEEK 1 – TUESDAY

Option 1

Chicken Curry served with wholemeal rice, naan bread,
side salad or sweetcorn £2.40

Option 2

Tomato pasta (v) served with a bread roll, side salad or
sweetcorn £1.95



Make it a Meal Deal

WEEK 1 – WEDNESDAY

Option 1

Traditional roast dinner served with creamed potatoes, carrots and peas £2.40

Option 2

Cheese flan (v) served with mashed potatoes, carrots and peas £1.95



Morning Break

Bacon barm	£1.06	Toasted crumpet	43p
Omelette & bacon barm	£1.25	Toasted cheesy crumpet	43p
Plain omelette barm	83p	Cheese on toast 1 slice	65p
1/2 baguette with cheese	£1.25	Assorted toasties	£1.25
Potato cake	43p	Small filled panini	71p
1/2 bagel	43p	Yoghurt 125g	65p
Toasted teacakes	43p	Waffles	43p
Slice toast	32p	Whole fruit	43p
		Fruit box	71p



Sandwich Bar

Freshly made assorted filled sandwiches	£1.55 - £1.80	Fresh juice apple or orange cuplet	32p
Freshly made filled rolls	£1.55 - £1.80	Fresh milk carton 200ml	51p
Freshly made filled wraps	£1.80	Bottled water (500ml)	71p
Fresh large protein salad box with free salad cream sachet	£2.40	Drinkfit milkshake (200ml)	63p
Fresh side salad	43p	Fresh juice carton (150ml)	51p
Pasta pot	£1.06	Carters drinks 300ml	71p
Fresh bread roll	32p	Smoothie Jubblie	43p
Butter portion	15p	Moo Milk	83p
Home-made assorted cakes	65p	Suso	83p
Home-made biscuit	43p	Zing cans 250ml	83p
Cheese and biscuit	83p	Yazoo flavoured milk 200ml	65p
Whole fresh fruit	43p		
Fresh grapes or melon box	71p		
Fresh fruit salad pot	83p		
Fruit yoghurt	65p		



Make it a Meal Deal

WEEK 1 – THURSDAY

Option 1

Meat and potato pie with served with fresh cabbage, beetroot and gravy £2.40

Option 2

Tasty biryanis (v) served with a side salad £1.95



Make it a Meal Deal

WEEK 1 – FRIDAY

Option 1

BBQ chicken fillet served in a brioche bun with chips and side salad £2.40

Option 2

Chip shop style fish chips and mushy peas £1.95



Make it a Meal Deal

WEEK 2 – MONDAY

Option 1

Baked Sausage served with creamed potatoes and
baked beans £2.40

Option 2

Macaroni cheese (v) served with a bread roll, side salad
or mixed vegetables £1.95



Make it a Meal Deal

WEEK 2 – TUESDAY

Option 1

Chicken curry served with wholemeal rice, naan bread,
side salad or sweetcorn £2.40

Option 2

Oven baked lasagne (v) served with a side salad or
Sweetcorn £1.95



Make it a Meal Deal

WEEK 2 – WEDNESDAY

Option 1

Homemade meat pie served with creamed potatoes and garden peas

£2.40

Option 2

Tomato pasta (v) served with a bread roll, side salad or garden

Peas

£1.95



Make it a Meal Deal

WEEK 2 – THURSDAY

Option 1

Bolognaise served with wholemeal pasta and side salad
£2.40

Option 2

Vegetarian meatballs (v) served with wholemeal pasta and a side salad
£1.95



Make it a Meal Deal

WEEK 2 – FRIDAY

Option 1

Beef burger served in a brioche bun served with chips
and side salad £2.40

Option 2

Chip shop style fish chips and mushy peas
£1.95

