

Grab & Go Menu

WEEK ONE	Price
Monday	
Soup of the Day & Roll	£1.10
Thai Spiced Massaman Aubergine Curry & Rice 	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Tuesday	
Soup of the Day & Roll	£1.10
Currywurst Quorn Sausages (ve)	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Wednesday	
Soup of the Day & Roll	£1.10
Wholegrain Pizza Panini 	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Freshly Baked Jacket Potato (ve)	£1.10
Choice of Fillings: <ul style="list-style-type: none"> • Beans  • Cheese • Tuna Mayonnaise 	1 Filling £1.65 2 Fillings £2.10
Thursday	
Soup of the Day & Roll	£1.10
Aubergine Shawarma Flatbreads	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Friday	
Soup of the Day & Roll	£1.10
Pepperoni Pizza & Chips	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Freshly Baked Jacket Potato	£1.10
Choice of Fillings: <ul style="list-style-type: none"> • Beans  • Cheese • Tuna Mayonnaise • Salmon Mayonnaise  	1 Filling £1.65 2 Fillings £2.10

Portions(s) of fruit or veg



Source of Wholegrain



Contains planet-based proteins



Oily Fish



Grab & Go Menu

WEEK TWO	Price
Monday	
Soup of the Day & Roll	£1.10
Tomato & Basil Pasta Pot (ve)	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Tuesday	
Soup of the Day & Roll	£1.10
Homemade Falafel, Salad & Tomato Salsa Greek Wrap (ve) 	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Wednesday	
Soup of the Day & Roll	£1.10
American Style Loaded Cheese, Pepperoni & Jalapeno Tart	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Freshly Baked Jacket Potato (ve)	£1.10
Choice of Fillings:	1 Filling £1.65 2 Fillings £2.10
<ul style="list-style-type: none"> • Beans  • Cheese • Tuna Mayonnaise 	
Thursday	
Soup of the Day & Roll	£1.10
Classic Pasta Primavera with Seasonal Vegetables (ve) 	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Friday	
Soup of the Day & Roll	£1.10
Pepperoni Pizza & Chips	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Freshly Baked Jacket Potato (ve)	£1.10
Choice of Fillings:	1 Filling £1.65 2 Fillings £2.10
<ul style="list-style-type: none"> • Beans  • Cheese • Tuna Mayonnaise 	

Grab & Go Menu

WEEK THREE	Price
Monday	
Soup of the Day & Roll	£1.10
Green Pesto Penne Pasta	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Tuesday	
Soup of the Day & Roll	£1.10
Cajun Style Dirty Vegetable Rice (ve) 	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Wednesday	
Soup of the Day & Roll	£1.10
Thai Green Vegetable Curry & Rice (ve) 	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Freshly Baked Jacket Potato (ve)	£1.10
Choice of Fillings: <ul style="list-style-type: none"> • Beans • Cheese • Tuna Mayonnaise 	1 Filling £1.65 2 Fillings £2.10
Thursday	
Soup of the Day & Roll	£1.10
Turkish Lentil Kofte Wrap with Tzatziki Dressing 	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Friday	
Soup of the Day & Roll	£1.10
Pepperoni Pizza & Chips	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Freshly Baked Jacket Potato (ve)	£1.10
Choice of Fillings: <ul style="list-style-type: none"> • Beans  • Cheese • Tuna Mayonnaise 	1 Filling £1.65 2 Fillings £2.10

