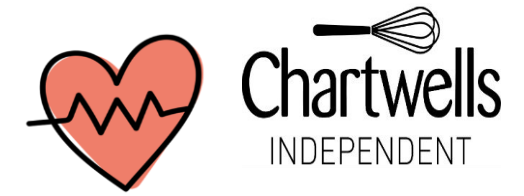




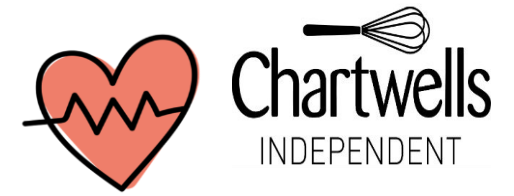
FOOD FOR THOUGHT CAFE MENU WEEK 1



Week Commencing 25 th April, 16 th May, 13 th June and 4 th July	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break Offer	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Vegetarian Sausage Roll	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Vegetarian Sausage Roll	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Vegetarian Sausage Roll	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Vegetarian Sausage Roll	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Vegetarian Sausage Roll
Daily Special	Nachos loaded with Chilli con Carne or Bean Chilli served with Sour Cream, Salsa & Guacamole	Mac n Cheese With BBQ Beef Brisket Or Roast Tomato and Chilli	Chicken Shawarma or Halloumi Shawarma served with Pickled Red Cabbage, Raita and Red Slaw	Urban Hotdog Or Quorn Hotdog With Onion Rings and Fries	Southern Fried Chicken Strips or Southern Fried Quorn & Skin on Potato Wedges and Corn on The Cob
Oven Baked Jacket Potato	Freshly Baked Jacket Potato with a choice of Baked Beans, Cheese and Tuna Mayo	Freshly Baked Jacket Potato with a choice of Baked Beans, Cheese and Tuna Mayo	Freshly Baked Jacket Potato with a choice of Baked Beans, Cheese and Tuna Mayo	Freshly Baked Jacket Potato with a choice of Baked Beans, Cheese and Tuna Mayo	Freshly Baked Jacket Potato with a choice of Baked Beans, Cheese and Tuna Mayo
Panini/ Toastie of the day	BBQ Chicken Panini Ham and Cheese Toastie	Ham and Cheese Panini Hunters chicken Toastie	Pepperoni Pizza Panini Brie and Bacon Toastie	Turkey Meatball Panini Ham and Cheese toastie	Bacon, Cheese and Tomato Panini Cheese and Bean toastie
Salad Market	Mixed Leaves Salad Special of The Day	Mixed Leaves Salad Special of The Day	Mixed Leaves Salad Special of The Day	Mixed Leaves Salad Special of The Day	Mixed Leaves Salad Special of The Day
Dessert	Pear Crumble with Fresh Pouring Cream	Slice of Traditional Flapjack	Moist Chocolate and Beetroot Cake	Raspberry and Lemon Crumble Cake	Meringue Nest filled with Cream and Seasonal Fruit



FOOD FOR THOUGHT CAFE MENU WEEK 2



Week Commencing 2 nd May, 23 rd May, 20 th June and 11 th July	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break Offer	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Vegetarian Sausage Roll	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Vegetarian Sausage Roll	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Vegetarian Sausage Roll	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Vegetarian Sausage Roll	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Vegetarian Sausage Roll
Daily Special	Chicken & Vegetable Chow Mein Or Vegetable Chow Mein served with a Vegetable Spring Roll	Penne Pasta Pots topped with Bolognese Sauce and Grated Parmesan Cheese and a Slice of Garlic bread	Homemade Pepperoni Pizza Or Homemade Margarita Pizza Served with Seasoned Jacket Wedge Potatoes and Mixed Leafy Salad	Chicken and Vegetable Fajita Or Sizzling Bean and Vegetable Fajita with Coleslaw and Side Salad	Oven Baked Breaded Fish Fillet served with Lemon, Tartare Sauce, Chipped Potatoes and Peas
Oven Baked Jacket Potato	Freshly Baked Jacket Potato with a choice of Baked Beans, Cheese and Tuna Mayo	Freshly Baked Jacket Potato with a choice of Baked Beans, Cheese and Tuna Mayo	Freshly Baked Jacket Potato with a choice of Baked Beans, Cheese and Tuna Mayo	Freshly Baked Jacket Potato with a choice of Baked Beans, Cheese and Tuna Mayo	Freshly Baked Jacket Potato with a choice of Baked Beans, Cheese and Tuna Mayo
Panini/ Toastie of the day	BBQ Chicken Panini Ham and Cheese Toastie	Ham and Cheese Panini Hunters chicken Toastie	Cheese and Tomato Panini Brie and Bacon Toastie	Veggie Meatball Panini Ham and Cheese Toastie	Bacon, Cheese and Tomato Panini Cheese and Bean toastie
Salad Market	Mixed Leaves Salad Special of The Day	Mixed Leaves Salad Special of The Day	Mixed Leaves Salad Special of The Day	Mixed Leaves Salad Special of The Day	Mixed Leaves Salad Special of The Day
Dessert	Mixed Fruit Crumble with Fresh Custard	Eton Mess	White Chocolate and Raspberry Blondie	Slice of Marshmallow Chocolate Crispy Cake	Square of Homemade Carrot Cake



FOOD FOR THOUGHT CAFE MENU WEEK 3



Week Commencing 9 th May, 6 th June and 27 th June	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break Offer	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Quorn Sausage Roll	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Quorn Sausage Roll	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Quorn Sausage Roll	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Quorn Sausage Roll	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Quorn Sausage Roll
Daily Special	Chicken and Vegetable Tacos Or Quorn and Vegetable Tacos Served with Potato Wedges and Leafy Salad	Cheesy Beef Meatball Sub Rolls Or Vegetarian Meatball Sub Rolls served with Mixed Side Salad and Coleslaw	Sweet and Sour chicken Or Sweet and sour Quorn and Oriental Vegetables with Egg Fried Rice and a Spring roll	Spaghetti Carbonara Pasta Pots Topped with Crispy Bacon and Parmesan Cheese	Piri Piri Chicken Burger or Quorn Buttermilk Burger served with Red Slaw and Chipped Potatoes
Oven Baked Jacket Potato	Freshly Baked Jacket Potato with a choice of Baked Beans, Cheese and Tuna Mayo	Freshly Baked Jacket Potato with a choice of Baked Beans, Cheese and Tuna Mayo	Freshly Baked Jacket Potato with a choice of Baked Beans, Cheese and Tuna Mayo	Freshly Baked Jacket Potato with a choice of Baked Beans, Cheese and Tuna Mayo	Freshly Baked Jacket Potato with a choice of Baked Beans, Cheese and Tuna Mayo
Panini/ Toastie of the day	BBQ Chicken Panini Ham and Cheese Toastie	Ham and Cheese Panini Hunters chicken Toastie	Cheese and Tomato Panini Brie and Bacon Toastie	Veggie Meatball Panini Ham and Cheese toastie	Bacon, Cheese and Tomato Panini Cheese and Bean toastie
Salad Market	Mixed Leaves Salad Special of The Day	Mixed Leaves Salad Special of The Day	Mixed Leaves Salad Special of The Day	Mixed Leaves Salad Special of The Day	Mixed Leaves Salad Special of The Day
Dessert	Duo of Melon	Banoffee Pie	Homemade Morello Cherry Cheesecake	Slice of Rocky Road	Orange Drizzle Cake