



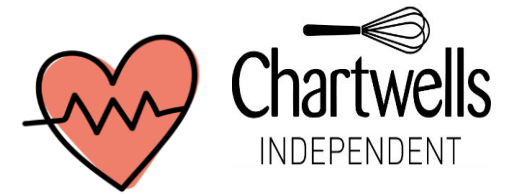
FOOD FOR THOUGHT CAFE MENU WEEK 1



Week Commencing : 5th and 26th September, 17th October , 21st November and 12th of December	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 Waffle Wednesday	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Vegetarian Sausage Roll	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Vegetarian Sausage Roll
Daily Special	Loaded Dirty Fries with Chilli con Carne or Soyamince Chilli served with Guacamole and a Mixed Leaf Salad	Jerk Chicken or Piri Piri Butternut Squash and Halloumi Skewer served with Rice and Peas	Mac and Cheese with either BBQ Pulled Pork or Roasted Cauliflower	Homemade Cornish Pasty or Cheese and Potato Pasty served with Crushed New Herby Potatoes, Seasonal Vegetables and Gravy	Superclub Baguette or Veggie Hotdog served with Chilli Spiced Potato Wedges and Coleslaw
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	Build Your Own Baguette Bar	Pepperoni Pizza Panini Roasted Vegetable Toastie	Chicken Tikka Panini Cheese and Tomato Toastie	Ham and Cheese Panini Cheese and Bean Toastie	Tuna and Cheese Melt Panini
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 Fresh Melon	Slice of Rocky Road	Traditional Apple Cake with Fresh Cream	Chocolate Brownie	Lemon Syrup Sponge with Fresh Custard



FOOD FOR THOUGHT CAFE MENU WEEK 2



Week Commencing: 12 th September, 3 rd October, 7 th and 28 th of November	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 Waffle Wednesday	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Vegetarian Sausage Roll	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Vegetarian Sausage Roll
Daily Special	Sweet Chilli Chicken Noodles or Stir Fried Vegetables with Noodles and Mini Spring Rolls	Homemade Pepperoni Pizza Or Homemade Margarita Pizza Served with Seasoned Jacket Wedge Potatoes and Sunblushed Tomato, Rocket, red Onion, Italian Cheese Salad with Balsamic Dressing	Indian Chicken Kathi Roll or Chana Masala Kathi Roll served with Bombay Potatoes and Indian Garnish Salads	Penne Pasta Beef Bolognese Pots or Penne Pasta Vegetarian Bolognese Pots Served with Greek Salad and Garlic Bread	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	Cheese and Tomato Panini Steak and Cheese Toastie	BBQ Chicken Panini Tuna and Sweetcorn Pasta Pot	Ham and Cheese Panini Cheese and Bean Toastie	Brie, Cranberry and Panini Hunters Chicken Toastie	BBQ Pulled Pork and Cheese Panini Sunblushed Tomato, Mozzarella and Spinach 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	White Chocolate and Raspberry Blondie	Pineapple Upside Down Pudding with Fresh Custard	Sticky Toffee Pudding with Fresh toffee Sauce	Slice of Cherry Flapjack



FOOD FOR THOUGHT CAFE MENU WEEK 3



Week Commencing 19 th September, 10 th October, 14 th November and 5 th of December	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 Waffle Wednesday	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Quorn Sausage Roll	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Quorn Sausage Roll
Daily Special	Italian Chicken Pasta or Tomato and Basil Pasta served with Ciabatta Garlic Bread	Peruvian Spiced Beef Burger with Seasoned Potato Wedges and Coleslaw or Falafel Wrap with Seasoned Potato Wedges and Coleslaw	Roast Pork Baguette with Stuffing and Apple Slaw and served with Roasted Potatoes Or Quorn Roast Baguette with Stuffing and Apple Slaw and served with Roasted Potatoes	Thai Green Chicken Curry with Sticky Coconut Rice Or Thai Green Vegetable Curry with Sticky Coconut Rice	Southern Fried Chicken or Quorn served with Piri Piri Wedges, Sweetcorn Fritter and Sweet Chilli Sauce
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	Vege Ball Panini Ham and Cheese Toastie	Ham and Cheese Panini Pesto Pasta and Vegetable Pot	Cheese and Tomato Panini Mexican Chicken Wrap	Tuna and Sweetcorn Melt Panini Pepperoni Pizza 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	Square of Retro Sprinkle Cake	Chocolate Chip Bread and Butter Pudding with Fresh Custard	Assorted Cold Mousses	Apple and Cinnamon Pie served with Fresh Custard	Sugared Jam Doughnut