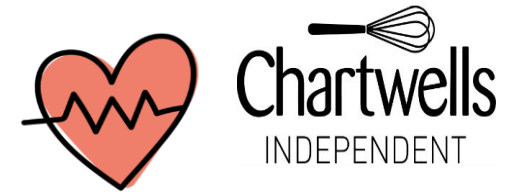




# FOOD FOR THOUGHT CAFE MENU WEEK 1



Week Commencing: 4th and 25th September, 16th October , 20th November and 11th of December	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Break Offer</b>	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
<b>Daily Special</b>	Chilli con Carne or Soyamince Chilli served with Loaded Wedges, 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 Pepperoni or Mac and Cheese with Roasted Cherry Tomatoes served with a Mixed Leaf Salad	Spiced Chicken Kebabs served in a Pitta Bread and served with a Greek Style Salad Or Feta and Spinach Frittata served with a Baked Potato and Mixed Salad	Jumbo Sausage Baguette or Vegetarian Sausage Baguette served with Fried Onions and Sauces and Chipped Potatoes
<b>Oven Baked Jacket Potato</b>	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
<b>Panini/ Toastie of the day</b>	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
<b>Salad Market</b>	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
<b>Dessert</b>	Zesty Lemon Shortbread	Slice of Rocky Road		Chocolate Brownie	Slice of Fruited Flapjack



## FOOD FOR THOUGHT CAFE MENU WEEK 2



Week Commencing: 11 <sup>th</sup> September, 2 <sup>nd</sup> October, 6 <sup>th</sup> and 27 <sup>th</sup> of November	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Break Offer</b>	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
<b>Daily Special</b>	Sweet Chilli Chicken Noodles or Stir Fried Vegetables with Noodles and Mini Spring Rolls	Homemade Spicy Meatball Pizza Or Homemade Margarita Pizza Served with Seasoned Jacket Wedge Potatoes and Sunblushed Tomato, Rocket, Red Onion, Italian Cheese Salad with Balsamic Dressing	Chicken Tikka Masala or Sweet Potato, Chick Pea and Spinach Tikka Masala, served with Pilau Rice, Mango Chutney and Poppadums	Penne Pasta Beef Bolognese Pots or Penne Pasta Vegetarian Bolognese Pots Served with Greek Salad and Garlic Bread	Oven Baked Breaded Fish Finger Sandwich served with Lemon, Tartare Sauce, Chipped Potatoes and Peas
<b>Oven Baked Jacket Potato</b>	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
<b>Panini/ Toastie of the day</b>	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
<b>Salad Market</b>	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
<b>Dessert</b>	Banana and Chocolate Ripple Sponge Cake	Seasonal Fruit Meringue with Fresh Cream	Raspberry and Lemon Crumble Cake	Sticky Toffee Pudding	Oven Baked Cookie



## FOOD FOR THOUGHT CAFE MENU WEEK 3



Week Commencing 18 <sup>th</sup> September, 9 <sup>th</sup> October, 13 <sup>th</sup> November and 4 <sup>th</sup> of December	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Break Offer</b>	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
<b>Daily Special</b>	Italian Chicken Pasta or Tomato and Basil Pasta served with Ciabatta Garlic Bread	Prime Beef Burger with Seasoned Potato Wedges and Coleslaw or Falafel Wrap with Seasoned Potato Wedges and Coleslaw	BBQ Pulled Pork Baguette and Apple Slaw and served with Roasted Potatoes Or Quorn Roast Baguette and Apple Slaw and served with Roasted Potatoes	Chicken and Vegetable Burrito or Vegetable Burrito served with Tomato Salsa and Sour Cream and Mixed Leaf Salad	Southern Fried Chicken or Quorn served with Piri Piri Wedges, Sweetcorn Fritter and Sweet Chilli Sauce
<b>Oven Baked Jacket Potato</b>	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
<b>Panini/ Toastie of the day</b>	Cheese and Red Onion 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
<b>Salad Market</b>	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
<b>Dessert</b>	Square of Retro Sprinkle Cake	Fresh Fruit Salad	Slice of Lemon Drizzle Cake	Homemade Oat Cookie	Iced Blueberry and Vanilla Sponge Cake