



FOOD FOR THOUGHT CAFE MENU WEEK ONE



Week Commencing 9th and 30th January, 27th February, 20th March	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	Pork Meatballs or Vegetarian Meatballs in a Rich Tomato Sauce served with Spaghetti, Slice of Garlic Bread and Freshly Grated Parmesan	Butter Chicken Curry or Paneer and Spinach Curry served with Pilau Rice, Mango Chutney and Poppadum's	Roast Sliced Gammon or Vegetable Frittata served with Roast Potato and Seasonal Roasted Vegetables and Fresh Gravy	Minced Beef Lasagne or Vegetable Lasagne served with Fresh Bread and Mixed Leaf Salad	Buffalo Style Chicken Thigh or Buffalo Style Roasted Halloumi served with Seasoned Fries and Red Slaw
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/ Wrap of the day	Ham and Cheese Tomato, Spinach and Mozzarella	Hunters Chicken Bean and Cheese	Bacon and Cheese Cheese and Tomato	BBQ Chicken Tuna Melt	Croque Monsieur
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	Chocolate Sponge	Fruit Filled Meringue Nests	Assorted Home Baked Cookie	Slice of Glace Cherry Flapjack	Slice of Frosted Carrot Cake



FOOD FOR THOUGHT CAFE MENU WEEK TWO



Week Commencing 16 th January, 6 th February, 6 th March and 27 th March	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	Mexican Spicy Chilli con Carne or Vegetable and Bean Chilli served with Nachos, Salsa and Mixed Salad	Hunters Style Chicken or Cheese and Onion Pasty served with Roasted New Potatoes and Seasonal Vegetables	Mac and Cheese with Pepperoni or Mac and Cheese served with a Mixed Leaf Salad	Savoury Mince or Savoury Vegemince served in a Yorkshire Pudding and served with Seasonal Vegetables and Fresh Gravy	Chicken Quesadilla or Cheese and Chilli Quesadilla served with Chipped Potatoes and Mixed Salad
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/ Wrap of the day	Pepperoni or Margarita Pizza Cheese and Pepper	Cheese, Red Onion and Sunblushed Tomato Cheese and Bacon	Caprese Chicken Tikka and Cheese	Roasted Vegetable and Pesto Ham and Tomato	Ham and Cheese Cheese and Marmite
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	Orange Shortbread	Fresh Fruit Salad	Chocolate Rice Crispy Slice	Jam and Coconut Sponge	Assorted Home Baked Cookie



FOOD FOR THOUGHT CAFE MENU WEEK THREE



Week Commencing 23 rd of January, 20 th February and 13 th March	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	Spanish Style Chicken, Chorizo and Vegetable Paella and Mixed Salad Or Mushroom Stroganoff served with Steamed Rice	BBQ Pulled Pork Soft Taco or Seasoned Roasted Vegetable Soft Taco served with Potato Wedges, Coriander Coleslaw and Pico de Gallo	Tuna Pasta Bake or Tomato Pasta Arrabiatta served with a Slice of Garlic Bread and Freshly Grated Parmesan Cheese	Black Bean Chicken with Asian Vegetables with Noodles or Quorn Asian Vegetable Noodles	Prime Beefburger or Quorn Burger served with Chipped Potatoes, Pickles, Coleslaw and Relish
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/ Wrap of the day	Cheese and Ham Cheese and Mushroom	Coronation Chicken Cheese and Pickle	Cheese and Tomato BLT	BBQ Pulled Pork Cheese, Spring Onion and Chilli	Panini/ Wrap/ Toastie of the Day BLT
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	Eve's Pudding	Slice of Toffee Marble Cake	Cheesecake Slice	Raspberry and Lemon Crumble Cake	Chocolate Brownie Square