



FOOD FOR THOUGHT CAFE MENU WEEK ONE

GLUTEN FREE OPTIONS AVAILABLE, PLEASE ASK A MEMBER OF THE CATERING STAFF



Week Commencing 22 nd April, 13 th May, 10 th June and 1st July	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	Spicy Chilli Con Carne or Spicy Bean Chilli served with Steamed Rice, Guacamole and Tomato Salsa and Tortilla Chips	Mac and Cheese served with a Mixed Side Salad or King Prawn Linguine served with a Mixed Side Salad and Fresh Parmesan	Sweet Chilli Chicken Chow Mein Or Oriental Vegetable Chow Mein	Nando's Style Marinated Chicken Thigh or Nando's Style Marinated Quorn served with Spicy Rice, Seasoned Fries and Homemade Slaw	Urban Hot Dog or Quorn Hot Dog served with Fries Sauteed Onions, Mustard 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	Chicken and Pesto Panini Or Cheese and Tomato Panini	BBQ Chicken Wrap Or Veggie Greek Wrap	Piri Piri Chicken Toastie Or Tuna and Cheese Melt Toastie	Cheese and Ham Panini Or Marmite, Cheddar Cheese and Tomato Panini	Toastie of The Day
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	Slice of Orange Polenta Cake	Sticky Toffee Pudding served with Toffee Sauce	Slice of Raspberry Ripple Arctic Roll	Oatie Cookie	Slice of Chocolate Tiffin



FOOD FOR THOUGHT CAFE MENU WEEK TWO

GLUTEN FREE OPTIONS AVAILABLE, PLEASE ASK A MEMBER OF THE CATERING STAFF



Week Commencing 29 th April, 20 th May, 17 th June and 8 th July	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 Style Bolognese Pasta Pots or Gnocchi in a Fresh Tomato and Basil Sauce served with Garlic Bread and Grated Parmesan Cheese	Sweet and Sour Chicken served with Egg Fried Rice and a Mini Spring Roll Or Sweet and Sour Quorn served with Egg Fried Rice and a Mini Spring Roll	Chefs Special Homemade Pepperoni or Margarita Pitta Pizza served with Oven Baked Potato Wedges and Red Slaw	Coca Cola Glazed Gammon Baguette or Pesto Roasted Vegetables and Feta Baguette served with Creamy Minted New Potato Salad and Mixed Leaf Salad	Siracha Glazed Chicken or Quorn Wrap served with Pickled Cabbage and Lime Mayo and Chipped Potatoes and Side 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	BLT Wrap Or Brie, Cranberry and Spinach Wrap	Sausage, Bacon and Cheese Panini Or Tomato, Mozzarella and Basil Panini	Chicken and Pesto Toastie Or Three Cheese Toastie	Pasta Penne in a Fresh Tomato Sauce	Toastie of The Day
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	Ice Cream Sundae	Slice of Banoffee Pie	Apple Flapjack Slice	Frosted Cupcake	Freshly Baked Chocolate Chip Cookie



FOOD FOR THOUGHT CAFE MENU WEEK THREE

GLUTEN FREE OPTIONS AVAILABLE, PLEASE ASK A MEMBER OF THE CATERING STAFF



Week Commencing 6 th May, 3 rd of June and 24 th of 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 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	Baguette or Wrap Bar filled with a Selection of Different Fillings of your Choice and Salad Accompaniments and served Piri Piri Seasoned Wedges	Chicken and Vegetable Tikka Masala served with Steamed Rice and Onion Bhaji Or Vegetable Tikka Masala served with Steamed Rice and Onion Bhaji	Pasta Carbonara served with a Slice of Garlic Bread and Grated Parmesan Cheese Or Four Cheese Ravioli served with a Fresh Arrabiatta Sauce, a Slice of Garlic Bread and Grated Parmesan Cheese	Spanish Chicken in a Rustic Tomato Sauce served with Patatas Bravas and Roasted Seasonal Vegetables Or Spanish Style Vegetable Paella	Prime Beef Burger or Homemade Spicy Bean Burger served in a Bun and served with Fries, Side Salad and Tomato Ketchup
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	Pasta Penne in a Rich Tomato Sauce	Ham and Cheese Toastie Or Bean and Cheese Toastie	Chicken Tikka Panini Or Onion Bhaji and Mango Chutney Panini	BBQ Pork Meatball Melt Or Cheese and Onion Melt	Panini/ Wrap/ Toastie of the Day
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 Sponge Cake	Key Lime Pie	Apple and Cinnamon Sponge	Lemon Shortbread	White Chocolate and Raspberry Blondie