



# FOOD FOR THOUGHT CAFE MENU WEEK ONE

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



Week Commencing 28 <sup>th</sup> April, 19 <sup>th</sup> May, 16 <sup>th</sup> June and 7 <sup>th</sup> July	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> <b>GLUTEN FREE</b> <b>OPTIONS</b> <b>AVAILABLE –</b> <b>PLEASE ASK A</b> <b>MEMBER OF THE</b> <b>CATERING STAFF</b>	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
<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/ Wrap of the day</b>	Chicken and Pesto Panini Or Cheese and Tomato Panini	BBQ Chicken Wrap Or Tex Mex Fajita Wrap	Chilli Beef Burrito Or Tuna and Cheese Melt Toastie	Cheese and Ham Panini Or Marmite, Cheddar Cheese and Tomato Toastie	Toastie of The Day
<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>	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 5 <sup>th</sup> May, 2 <sup>nd</sup> June and 23 <sup>rd</sup> June	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> <b>GLUTEN FREE</b> <b>OPTIONS AVAILABLE</b> <b>—PLEASE ASK A</b> <b>MEMBER OF THE</b> <b>CATERING STAFF</b>	Italian Style Bolognaise 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	Fully Loaded Jacket Potato Bar with Assorted Fillings and a Selection of Salads	Siracha Glazed Chicken or Quorn Wrap served with Pickled Cabbage and Lime Mayo and Chipped Potatoes and Side Salad
<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/ Wrap of the day</b>	BLT Wrap Or Brie, Cranberry and Spinach Wrap	Sausage, Bacon and Cheese Panini Or Tomato, Mozzarella and Basil Panini	Hunters Chicken Toastie Or Three Cheese Toastie	Pepperoni Pizza Panini	Toastie of The Day
<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>	Ice Cream Sundae	Slice of Banoffee Pie	Apple Flapjack Slice	Crispy Crackle Bar	Freshly Home baked Cookie



## FOOD FOR THOUGHT CAFE MENU WEEK THREE

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



Week Commencing 12 <sup>th</sup> May, 9 <sup>th</sup> of June and 30 <sup>th</sup> June	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>  GLUTEN FREE OPTIONS AVAILABLE —PLEASE ASK A MEMBER OF THE CATERING STAFF	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
<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/Wrap of the day</b>	Pasta Penne in a Rich Tomato Sauce	Ham and Cheese Toastie Or Bean and Cheese Toastie	Chicken and Chorizo Panini Or Onion Bhaji and Mango Chutney Toastie	Breakfast Wrap Or Cheese and Onion Melt	Panini/Wrap/Toastie of the Day
<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 Sponge Cake	Key Lime Pie	Pear and Chocolate Crumble with Custard	Lemon Shortbread	White Chocolate and Raspberry Blondie