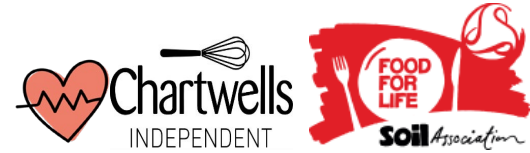




FOOD FOR THOUGHT CAFE MENU WEEK ONE

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

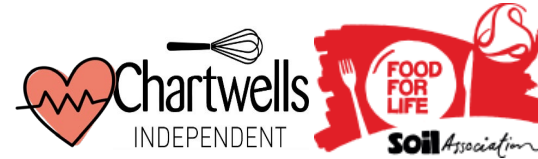


Week Commencing : 1st and 22nd September, 13th October, 17th November and 8th December	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Break Offer	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Vegetarian Sausage Roll	Freshly Baked Pastries, Muffins Bacon Rolls, Sausage Rolls, Vegetarian 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	Sticky BBQ Chicken Thigh or Piri Piri Butternut Squash and Halloumi Skewer served with Spiced Potatoes, Buttered Sweetcorn and Coleslaw	Chilli con Carne or Soyamince Chilli with Steamed Rice served with Guacamole and a Mixed Leaf Salad	Homemade Sausage Roll or Cheese, Onion and Pepper Roll served with Herby Diced Potatoes and Baked Beans	Fully Loaded Mac and Cheese Topped with a Choice of Crispy Onions, Bacon Bits or Jalapenos and served with a Slice of Garlic Bread and Dressed Salad	Prime Cheese Beef Burger or Vegetable Cheese Burger served with Seasoned Fries, Coleslaw, Pickles 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 of the day	Ham and Cheese Panini Cheese and Bean Toastie	Pepperoni Pizza Panini Roasted Vegetable Toastie	Chicken Tikka Panini Cheese and Tomato Toastie	Ham and Cheese Panini Cheese and Bean Toastie	Panini of The Day 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	Traditional Shortbread Slice	Pineapple Upside Down Cake	Dessert of The Day	Chocolate Slice	Slice of Fruited Flapjack



FOOD FOR THOUGHT CAFE MENU WEEK TWO

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



Week Commencing: 8 th and 29 th September, 3 rd and 24 th 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	Penne Pasta Beef Bolognaise Pots or Penne Pasta Vegetarian Bolognaise Pots Served with Garlic Bread and Grated Parmesan Cheese	Pork Jagerschnitzel served with Mushroom Gravy, Creamy Mashed Potatoes and Seasonal Vegetables 93414629 Or Gnocchi served in a Tomato and Basil Sauce and Mixed Leaf Salad	Chicken Fajitas or Vegetable Fajitas served with A Mixed Leaf Salad, Spicy Potato Wedges, Nacho Sauce and Salsa	Beef Keema served with Ginger and Onion Rice with Pickled Cucumber, Chilli and Spring Onion Salad 93235932 Or Curried Cauliflower and Lentils served with Ginger and Onion Rice 93237518	Chipotle Chicken Slider served with Chipped Potatoes, Mixed Leaves and Coleslaw 93237707 Or Sriacha Cauliflower, Cucumber and Onion Taco served with Chipped Potatoes, Mixed Leaves and Coleslaw 93201210
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, Bacon and Cranberry Toastie Cheese, Onion and Spinach Toastie	Panini of The Day 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	Jam and Coconut Sponge	Orange and Chocolate Shortbread	Raspberry and Lemon Crumble Cake	Fresh Homemade Carrot Cake	Oven Baked Cookie



FOOD FOR THOUGHT CAFE MENU WEEK THREE

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



Chartwells
INDEPENDENT



Week Commencing: 15 th September, 6 th October, 10 th November and 1 st 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	Tomato Mozzarella Chicken Pasta Bake or Tomato and Basil Pasta served with a Slice of Garlic Bread and Italian Salad	Chef's Special Americana Pepperoni Pizza or Margarita Pizza served with Chipped Potatoes and Mixed Leaf Salad	Mexican Beef Chillsagne or Vegetable Chillsagne served with a Slice of Garlic Bread and Steamed Sweetcorn 93310500 – Beef 93211968 - V	Char Sui Pork served with Oriental Vegetables and Steamed Egg Noodles and a Mini Spring Roll 93080489 Or Pad Ped Jay served with Steamed Egg Noodles and a Mini Spring Roll 93130607	Chicken Gyros or Vegetable Gyros served with Spiced Chipped Potatoes and Mixed Leaves 93162890 - chicken 93285205 - V
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 Red Onion Panini Ham and Cheese Toastie	Mexican Chicken Wrap Cheese and Tomato Panini	Ham and Cheese Panini Pesto and Vegetable Cheese Toastie	Tuna and Sweetcorn Melt Panini Pepperoni Pizza Toastie	Panini of The Day 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	Retro Sponge Square	Dessert of The Day	Eve's Pudding	Slice of Lemon Drizzle Cake	Marshmallow Crispy Cake