

Grab & Go

Options – Available every day

Sandwiches

All served without salad

- Cheese (1,5,6)(H)
- Chicken Mayo (1,3,6,10)(H)
- Chicken Tikka (1,3,6,7,10,14)(H)
- Cajun Chicken (1,3,6,10,14)(H)
- Egg Mayonnaise (1,3,6,10)
- Ham (1,6)
- Ham & Cheese (1,5,6)
- Tuna Mayo (1,3,6,7,10)(H)
- Tuna Cucumber (1,3,6,7,10)(H)
- Turkey (1,5,6)

Pizza

Cheese and Tomato pizza (1,5)
available everyday

- Monday** – Pepperoni (1,5)(H)
- Tuesday** – Spicy Beef (1,5,10)(H)
- Wednesday** – Spicy Chicken (1,5)(H)
- Thursday** – Pepperoni (1,5)(H)
- Friday** – Turkey Ham (1,5)(H)

Jacket Potatoes

Served with a choice of toppings;
Cheese (5), Tuna Mayonnaise (3,7,10),
Baked Beans

Paninis

- Cheese (1,5)(H)
- Turkey Ham & Cheese (1,5)(H)
- Pepperoni (1,5,6,10)(H)
- Tuna Melt (1,5,7,10)(H)
- Spicy Chicken (1,5)(H)

Pasta Bowls

Pasta served with a rich tomato sauce (1)
Pasta served with a tomato
and chicken sauce (1)(H)

Salad Bar

A choice of pickles, pasta salad, tuna
pasta and salad vegetables. Please
ask a member of staff for allergens.

Kando's Chicken Bowl

Marinated Chicken thigh (H) (marinades
change daily please ask a member of
staff for allergens, always Gluten Free)
served with Rice and BBQ Beans
or Sweetcorn.

For Allergens see numbers in brackets next
to each dish and refer to Allergens below.

- 1 GLUTEN
- 2 NUTS
- 3 EGG
- 4 SESAME
- 5 MILK
- 6 SOY
- 7 FISH
- 8 CELERY
- 9 CRUSTACEAN
- 10 MUSTARD
- 11 MOLLUSCS
- 12 LUPINS
- 13 PEANUTS
- 14 SULPHITE

Traybakes

Monday

Cookies (1,5,6)(H)

Tuesday

Apple & Cinnamon Flapjack (1)(H)

Wednesday

Chocolate & Cranberry Crunch (1,3)(H)

Thursday

Chocolate Tiffin (1,5,6)(H)

Friday

Doughnut (1,14)(H)