

WEEKLY LUNCH MENU Week 1



	MON	TUES	WED	THUR	FRI
Main Meal £2.35	Sweet & Sour Chicken Fried Rice Sweet & Sour Vegetables Boiled Rice (wheat gluten soya)	Beef Lasagne With Garlic Bread Vegetable Lasagne With Garlic Bread (gluten wheat milk egg halal)	Chicken Alfredo Pasta Bake Cauliflowers Cheese Pasta Bake (gluten wheat milk)	Roast Beef Yorkshire Pudding Humble Spud Beef Chilli (gluten Wheat Milk Egg)	Crispy Battered Fish Or Salt & Pepper Cluck Box (gluten wheat fish)
Loaded Snack Pot £1.95	Tomato Pasta Pot Topped with Cheese (gluten wheat milk)	Vegetable Egg Fried Rice (Egg)	Vegetable Spring Roll Sweet Chilli Dip (3) (gluten wheat milk)	Sweet Chilli Chicken wings (3)	
Hot Snacks £1.80	Vegan Cornish Pastie (gluten wheat Barley Soya Milk)	Chicken & Mushroom Pie (gluten wheat milk egg)	Sausage Roll Gluten wheat milk egg)	Cheese & Onion Slice Gluten wheat milk egg)	Steak & Onion Slice Gluten wheat milk egg)
Vegetables 45p	Steamed Green Beans Cauliflower Cheese Cajun Baked Wedges (milk)	Herb Roast Potato House Salad Coleslaw Garlic Bread (milk gluten)	Garlic Bread House Salad Corn On Cob Home Bake Wedges (milk gluten)	Steamed Broccoli Steamed Cauliflower Steamed Carrots Roast Potato Gravy	Chips Curry Sauce Mushy Peas Garden Peas (mustard milk)
Cakes £1.50	Rocky Road (gluten wheat soya)	Old School Cake (Gluten wheat milk egg)	Chocolate Orange Cheesecake Cone (gluten wheat milk soya egg)	Gluten Free Brownie (eggs)	Churros With Toppings (gluten milk wheat soya)

WEEKLY LUNCH MENU Week 2



	MON	TUES	WED	THUR	FRI
Main Meal £2.35	Katsu Chicken Sticky Rice Katsu Vegetables Sticky Rice (Gluten Wheat Soya Sesame Halal)	Smoking Bird Burger Tex Mex veggie Burger Gluten Wheat Mustard)	Beef Burger With Salad and Sauce Halloumi Taverna Gyro (Gluten Wheat eggs Sesame Sulphur Halal)	Roast Chicken Yorkshire Pudding Or Humble Spud Cinema Nacho's (Gluten Wheat Milk Eggs)	Crispy Battered Fish Or Jumbo Sausage (plain or Battered) (Gluten Wheat Fish)
Loaded Snack Pot £1.95	¼ Cheese Garlic Bread Pizza Base (Gluten Wheat Milk)	Tomato Pasta Pot (Gluten Wheat Milk)	Mac and Cheese Pot (Gluten Wheat Milk Eggs)	Sweet Chili Chicken Wing	
Hot Snacks £1.80	Sausage Rolls (Gluten Wheat Milk Eggs)	Steak & Onion Slice (Gluten Wheat Milk Eggs)	Sausage Rolls (Wheat Milk)	Vegan Cornish Pasty (Gluten Wheat Milk Soya Barley)	Beef & Vegetable Pasty (Barley Wheat Milk Soya)
Vegetables 45p	Sweet Corn Garden Peas Baked Beans Baked Wedges	House Salad Coleslaw Spicy Rice Salt & Pepper Wedges	House Salad Onion Rings Coleslaw Spicy Sweet Potato	Roast Potato Mash Steamed Carrots Steamed Green Beans	Chips Mushy Peas Garden Peas Curry Sauce
Cakes £1.50	Chocolate Chip Sponge (Milk, Soya, Eggs Wheat)	Cookie Cup (Wheat, Milk, Eggs Soya)	Rocky Road (Soya, Milk Wheat)	Brownie (Eggs)	School Cake (Gluten, Eggs, Milk)

WEEKLY LUNCH MENU Week 3



	MON	TUES	WED	THUR	FRI
Chilli Beef & Boiled Rice Vegetable Chilli & Rice (Gluten Wheat Soya)	Chicken Shawarma Vegetable Khotz Burrito Sweetcorn & Cheese Nachos (Gluten Wheat Sesame Milk Halal)	Cumberland Sausage & Mash Piri Piri Halloumi Rice & Corn (Gluten Wheat Milk Soya Sulphur Halal Mustard)	Roast Gammon & Yorkshire Pudding Teriyaki Chicken & Vegetable Skewers With Egg Fried Rice (Gluten Wheat Eggs Soya Milk)	Fish and Chips Or Southern Fried Cluck Box (Gluten Wheat Fish)	
Veg Samosa (3) (Gluten Wheat Milk)	Pepperoni Nachos With Salsa (Gluten Wheat Milk)	BBQ Chicken Wings (3)	(1/4) Pepperoni pizza Gluten Milk Wheat)		
Chicken & Mushroom Slice (Gluten Wheat Milk Eggs)	Sausage Roll (Gluten Wheat Milk Eggs)	Cornish Vegan Pasty (Soya Barley Wheat Milk)	Cheese & Onion Slice (Gluten Wheat Milk Eggs)	Steak & Onion Slice (Gluten Wheat Milk Eggs)	
Prawn Crackers Steamed Rice Baked Wedges Sweetcorn & Peppers (Wheat Crustaceans)	House salad Coleslaw Corn On The Cob Herb Roast Potatoes (Eggs)	Garden Peas Sweetcorn Gravy Rosemary Wedges	Mash Steamed Broccoli Steamed Carrots Gravy (Milk)	Chips Mushy Peas Curry Sauce Baked Beans	
Lemon Drizzle Cake (Gluten Wheat Milk Eggs)	Chocolate Tiffin (Gluten Wheat Soya)	Blueberry Muffin (Gluten Wheat Milk Eggs)	Gluten Free Brownie (Eggs)	Old School Cake (Gluten Wheat Milk Eggs)	

Main Meal
£2.35

Loaded
Snack Pot
£1.95

Hot Snack
£1.80

Vegetables
45p

Cakes
£1.50

WEEKLY LUNCH MENU Week 4



	MON	TUES	WED	THUR	FRI
Main Meal £2.35	Chicken Curry & Boiled Rice Vegetable Curry & Boiled Rice (milk Halal)	Crispy Korean corn dog & Vegetable Rice Chicken Ramen With Egg Noodles (Gluten Wheat milk eggs Barley Soya)	Pepperoni Panni Arrabiata Wholemeal Pasta (Gluten Wheat milk)	Roast chicken Or Roast Gammon With Yorkshire Puddings Broccoli & cheese Pasta Bake (Gluten Wheat milk eggs)	Crispy Battered Fish Humble Spud FireCracker chicken (Gluten Wheat Fish) (Egg Wheat Milk Soya)
Loaded Snack Pot £1.95	Vegetable Spring Rolls Sweet Chilli Dip (3) (Gluten Wheat sesame eggs Soya)	Vegetable Egg Fried Rice (Gluten Wheat eggs Soya)	(1/4) Cheese Garlic Bread Pizza (Gluten Wheat milk)	Roasted Gammon Nachos (Milk Mustard)	
Hot Snacks £1.80	Vegan Cornish Pasty (Gluten Wheat milk barley)	Cheese & Onion slice (Gluten Wheat milk eggs)	Sausage Roll (Gluten Wheat milk eggs)	Chicken & mushroom Pie (Gluten Wheat milk eggs)	Steak & onion Slice (Gluten Wheat milk eggs)
Vegetables 45p	Roasted Sweet Potato Prawn Crackers Corn On The Cob (crustaceans)	House Salad Coleslaw Onion Rings Baked Wedges (Gluten Wheat Eggs)	House Salad Coleslaw Corn On The Cob Cajun Wedges (Eggs)	Cauliflower Cheese Steamed Carrots Roast Potatoes Garden Peas Gravy	Chips Mushy Peas Garden Peas Curry Sauce
Cakes £1.50	Chocolate Chip Sponge Cake (Gluten Wheat milk eggs Soya)	Carrot Cake Muffin (Gluten Wheat milk Soya)	Sticky Toffee Muffin (Gluten Wheat milk eggs)	Gluten free Brownie (Eggs)	Chocolate Coated Ring Doughnuts (Wheat Milk Soya)

WEEKLY GRAB & GO

Week 1

Week 2

Week 3

Week 4

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SIMPLY
A DEAL TO MAKE YOU

Smile

Buy two bottles of water for only **£1**



SIMPLY
A DEAL TO MAKE YOU **£2.35**

Smile

- 
1 Choose a small sandwich, baguette or wrap
- 
2 Finish it off with a dessert pot
- 
3 Don't forget your bottle of water

LOOK OUT FOR THE SIMPLY MEAL DEAL STICKERS TO SEE WHAT'S INCLUDED

