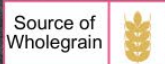


Grab & Go *Menu*

WEEK ONE		Price
Monday		
Mediterranean Beef & Lentil Ragu with Gnocchi & Garlic Bread	Meal Deal	£2.43
Mediterranean Vegetable Ragu with Gnocchi & Garlic Bread	Meal Deal	£2.43
Cheese & Ham Panini		£2.32
Cheese Panini		£1.98
Tuesday		
Chilli Beef with Yellow Rice (H)	Meal Deal	£2.43
Veggie Chilli with Yellow Rice	Meal Deal	£2.43
Satay Chicken Noodles	Meal Deal	£2.43
Satay Vegetable Noodles	Meal Deal	£2.43
Wednesday		
Roast Chicken, Crispy Roasties & Gravy (H)	Meal Deal	£2.43
Cheese Panini	Meal Deal	£1.98
Cajun Chicken Greek Flat Bread		£2.43
Thursday		
Jerk Chicken Drumstick with Rice	Meal Deal	£2.43
Jamaican Chicken Curry	Meal Deal	£2.43
Cheese & Tomato Panini		£2.21
Friday		
Battered Fish & Chips	Meal Deal	£2.43
Cheese & Tomato Pizza & Chips	Meal Deal	£2.43
Sausage & Chips	Meal Deal	£2.43



Grab & Go *Menu*

WEEK TWO		Price
Monday		
Chicken & Lentil Arrabbiata Pasta Pot	Meal Deal	£2.43
Veggie Arrabbiata Pasta Pot	Meal Deal	£2.43
Cheese Panini		£1.98
Tuesday		
Oriental Chicken Noodles	Meal Deal	£2.43
Asian Miso Broth Noodles	Meal Deal	£2.43
Cheese & Tomato Panini	Meal Deal	£2.32
BBQ Chicken Burrito		£2.43
Wednesday		
Roast Chicken, Crispy Roasties & Gravy (H)	Meal Deal	£2.43
Cheese Panini	Meal Deal	£1.98
Jerk Chicken Flatbread		£2.43
Thursday		
Chinese Chicken Curry with Rice	Meal Deal	£2.43
Chinese Vegetable Curry with Rice	Meal Deal	£2.43
Peri Peri Chicken Drumstick with Rice	Meal Deal	£2.43
Friday		
Battered Fish & Chips	Meal Deal	£2.43
Cheese & Tomato Pizza & Chips	Meal Deal	£2.43
Chicken Nuggets & Chips	Meal Deal	£2.43

Grab & Go *Menu*

WEEK THREE		Price
Monday		
Sausage & Mash with Gravy	Meal Deal	£2.43
Vegge Sausage & Mash with Gravy	Meal Deal	£2.43
Bufalo Chicken Sausage Hotdog		£2.10
Tuesday		
Sweet Chilli Chicken Noodles	Meal Deal	£2.43
Sweet Chilli Veggie Noodles	Meal Deal	£2.43
Chicken Burger		£2.32
Wednesday		
Roast Chicken, Crispy Roasties & Gravy	Meal Deal	£2.43
Cheese & Tomato Panini	Meal Deal	£2.21
BBQ Chicken Greek Flatbread		£2.43
Thursday		
BBQ Chicken Drumstick with Rice	Meal Deal	£2.43
Thai Red Curry with Rice	Meal Deal	£2.43
Tomato & Basil Pasta Pot	Meal Deal	£1.98
Friday		
Cheese & Tomato Pizza & Chips	Meal Deal	£2.43
Battered Fish & Chips	Meal Deal	£2.43
Chicken Goujons & Chips	Meal Deal	£2.43