



MENU

KEY

5
A DAY

- 1 OF YOUR 5 A DAY



- CHEF'S CHOICE

MEAT
FREE

- MEAT-FREE MONDAY



- PLANT-BASED (VEGAN)

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Macaroni Cheese with Salad £1.80	Chicken Burrito with Salad £2.10	Sausage and Chips £2.10	Singapore Chicken Noodles £1.85	Tugo Pizza Slice £1.50
Vegetarian Main Dish	Phav Bhaji served with Naan Bread and Salad £1.85	Quorn Bolognaise and Garlic Bread £2.10	Fish Fillet and Chips £2.10	Courgette Curry with Bombay Potato's £2.10	Chickpea and Lentil Curry with a Bhaji or Samosa £1.85
And There's More...	Panini - £1.85 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £1.90 Vegetables of the Day - 42p	Panini - £1.85 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £1.90 Vegetables of the Day - 42p	Panini - £1.85 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £1.90 Vegetables of the Day - 42p	Panini - £1.85 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £1.90 Vegetables of the Day - 42p	Panini - £1.85 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £1.90 Vegetables of the Day - 42p
Love Joes	Korma Curry Sauce and Rice - £1.90 Tikka Sauce and Rice Served with a Naan Bread - £1.90	Korma Curry Sauce and Rice - £1.90 Tikka Sauce and Rice Served with a Naan Bread - £1.90	Korma Curry Sauce and Rice - £1.90 Tikka Sauce and Rice Served with a Naan Bread - £1.90	Korma Curry Sauce and Rice - £1.90 Tikka Sauce and Rice Served with a Naan Bread - £1.90	Korma Curry Sauce and Rice - £1.90 Tikka Sauce and Rice Served with a Naan Bread - £1.90
Pasta King	Pasta Sauce of the Day with Garlic Bread - £2.10	Pasta Sauce of the Day with Garlic Bread - £2.10	Pasta Sauce of the Day with Garlic Bread - £2.10	Pasta Sauce of the Day with Garlic Bread - £2.10	Pasta Sauce of the Day with Garlic Bread - £2.10
Dessert	Fruit Pots - 55p-75p Cake of the Day - 72p Cookie - 50p Large Cold Dessert - £1.10 Hot Pudding - 90p	Fruit Pots - 55p-75p Cake of the Day - 72p Cookie - 50p Large Cold Dessert - £1.10 Hot Pudding - 90p	Fruit Pots - 55p-75p Cake of the Day - 72p Cookie - 50p Large Cold Dessert - £1.10 Hot Pudding - 90p	Fruit Pots - 55p-75p Cake of the Day - 72p Cookie - 50p Large Cold Dessert - £1.10 Hot Pudding - 90p	Fruit Pots - 55p-75p Cake of the Day - 72p Cookie - 50p Large Cold Dessert - £1.10 Hot Pudding - 90p

GRAB SOME STREET FOOD FOR HEALTHY MEALS ON THE GO





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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Cheese Whirl served with Salad - £1.85	Marinated Chicken Wrap - £1.85	Battered Fish and Chips £2.10	Meat or Vegetable Moussaka Served with Salad £2.10	Tugo Pizza Slice £1.50
Vegetarian Main Dish	Sweet Potato Enchilada served with Salad £1.85	Italian Pasta Bake Served with Salad £1.85	Aubergine and Chickpea Dhansak Served with Rice £2.10	Salsa Jacket Potato served with Salad £1.85	Bhaji Burger served on a Folded Naan with Salad £1.85
And There's More...	Panini - £1.85 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £1.90 Vegetables of the Day - 42p	Panini - £1.85 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £1.90 Vegetables of the Day - 42p	Panini - £1.85 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £1.90 Vegetables of the Day - 42p	Panini - £1.85 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £1.90 Vegetables of the Day - 42p	Panini - £1.85 Sandwich - £1.45-£1.85 Jacket Potato and Filling from - £1.85 Salad box - £1.90 Vegetables of the Day - 42p
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Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Cheese Flan served with wedges & Fresh Salad £2.10	Sweet Potato Cottage Pie served with Veg £1.85	Beef Burger and Chips £2.10	Vegetable or Meat Lasagne served with Garlic Bread £2.10	Tugo Pizza Slice £1.50
Vegetarian Main Dish	Vegetable Biryani - £1.80	Vegetable Noodles £1.80	Battered Fish and Chips £2.10	Salt and Pepper Loaded Wedges £1.80	Spicy Bean Enchiladas £1.85
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