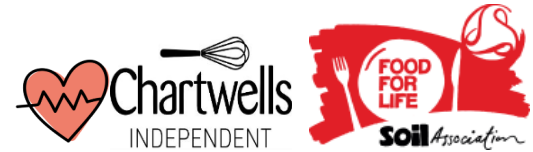




FOOD FOR THOUGHT CAFE MENU WEEK ONE

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



Week Commencing : 2nd and 23rd September, 14th October , 18th November and 9th of 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	Chilli con Carne or Soyamince Chilli Loaded Wedges served with Grated Cheese, Guacamole and a Mixed Leaf Salad	Harissa and Lemon Chicken Thigh or Piri Piri Butternut Squash and Halloumi Skewer served with Rice and Peas and Homemade Slaw	Homemade Sausage Roll or Cheese, Onion and Pepper Roll served with Herby Diced Potatoes and Baked Beans	Szechuan Chicken Noodles or Vegetable Szechuan Noodles served with a Mini Spring Roll	Prime Cheese 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	Build Your Own Baguette Bar	Pepperoni Pizza Panini Roasted Vegetable Toastie	Chicken Tikka Panini Cheese and Tomato Toastie	Ham and Cheese Panini Cheese and Bean Toastie	Tuna and Cheese Melt Panini
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	Marshmallow Square	Dessert of The Day	Chocolate Brownie	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: 9 th September, 30 th September, 4 th and 25 th of 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	Teriyaki Chicken Soul Bowl or Teriyaki Quorn Soul Bowl served with Pineapple Rice and Crunchy Raw Slaw	Toad in The Hole or Vegetarian Toad in the Hole served with Creamy Mashed Potatoes, Seasonal Greens and Fresh Gravy	Chicken Fajitas or Vegetable Fajitas served with A Mixed Leaf Salad, Spicy Potato Wedges, Nacho Sauce and Salsa	Penne Pasta Beef Bolognese Pots or Penne Pasta Vegetarian Bolognese Pots Served with Greek Salad and Garlic Bread	Southern Fried Chicken or Quorn Dippers served with Chipped Potatoes, Sweetcorn Fritters and Sweet Chilli Sauce
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, Cranberry and Panini Hunters Chicken Toastie	BBQ Pulled Pork and Cheese Panini Sunblushed Tomato, Mozzarella and Spinach Toastie
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	Banana Sponge Cake	Seasonal Fruit Meringue with Fresh Cream	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



Week Commencing 16 th September, 7 th October, 11 th November and 2 nd of 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 Home Baked Garlic Bread and Italian Salad	Chef's Special Americana Pepperoni Pizza or Margarita Pizza served with Chipped Potatoes and Mixed Leaf Salad	BBQ Pulled Beef Brisket Soft Taco or Siracha Roasted Cauliflower, Cucumber and Spring Onion Taco served with Crunchy Slaw and Potato Wedges	Chicken Katsu Curry or Sweet Potato Katsu served with Sticky Coconut Rice	Breaded Oven Baked Fish or Vegetable Frittata served with Tartare Sauce, Lemon Wedge and Chipped Potatoes and Peas
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	Ham and Cheese Panini Pesto Pasta and Vegetable Pot	Cheese and Tomato Panini Mexican Chicken Wrap	Tuna and Sweetcorn Melt Panini Pepperoni Pizza Toastie	Bacon, Cheese and Tomato Panini Cheese and Bean Toastie
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	Iced Blueberry and Vanilla Sponge Cake	Dessert of The Day	Slice of Lemon Drizzle Cake	Homemade Rock Cake	Slice of Hot Chocolate Pie