



FOOD FOR THOUGHT CAFE MENU WEEK ONE



Week Commencing 6 th January, 27 th January, 24 th February and 17 th March	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	Mac and Cheese with Pepperoni or Mac and Cheese served with a Mixed Leaf Salad	Butter Chicken Curry or Paneer and Spinach Curry served with Pilau Rice, Mango Chutney and Poppadum's	Pork Meatballs Marinara Melt Baguette or Roasted Vegetable Melt Baguette served with Potato Wedges and Mixed Leaf Salad	Minced Beef Lasagne or Vegetable Lasagne served with Fresh Bread and Mixed Leaf Salad	Fish Finger Sandwich with Rocket and Tartare Sauce or Vegetable Shawarma served with Seasoned Fries 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/ Wrap of the day	Ham and Cheese Tomato, Spinach and Mozzarella	Hunters Chicken Bean and Cheese	Pasta and Tomato and Basil Sauce	BBQ Chicken Tuna Melt	Toastie of the Day
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	Chocolate Sponge	Tiramisu	Assorted Cookie	Shortbread Biscuit	Slice of Frosted Carrot Cake



FOOD FOR THOUGHT CAFE MENU WEEK TWO



Week Commencing 13 th January, 3 rd February, 3 rd March and 24 th March	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	Italian Style Minced Beef Bolognese or Italian Style Vegemince Bolognese served with Spaghetti, Italian Grated Cheese and Mixed Leaves	Hoisin Pork and Vegetable Stir Fry or Vegetable Stir Fry served with Steamed Egg Noodles and a Mini Pancake Roll	Nando's Style Chicken Thigh or Halloumi Skewer served with Spiced Potato Wedges, Chipotle Sweetcorn and Coleslaw	Mexican Spicy Chilli con Carne or Vegetable and Bean Chilli served with Nachos, Salsa and Mixed Salad	Southern Fried Chicken or Quorn Nuggets served with Piri Piri Mayonnaise, Chipped Potatoes and Side Salad
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/Wrap of the day	Pepperoni or Margarita Pizza Cheese and Pepper	Cheese, Red Onion and Sunblushed Tomato Cheese and Bacon	Caprese Chicken Tikka and Cheese	Roasted Vegetable and Pesto Ham and Tomato	Toastie or Panini of The Day
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	Retro Sponge Cake	Vanilla Crispy Square	Baked Jam Sponge	Apple Oat Bite	Orange and Chocolate Chip Cookie



FOOD FOR THOUGHT CAFE MENU WEEK THREE



Week Commencing 20 th January, 10 th February, 10 th March and 31 st March	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 and Mozzarella Chicken Pasta Bake or Roasted Vegetable Pasta Bake served with Homemade Garlic Doughballs and Mixed Leaves	Chicken Jollof Rice or Vegetable Jambalaya	BBQ Pulled Pork Soft Taco or Seasoned Roasted Vegetable Soft Taco served with Potato Wedges, Coriander Coleslaw and Pico de Gallo	Sweet and Sour Chicken with Chinese Vegetables with Egg Fried Rice or Sweet and Sour Vegetables served with Egg Fried Rice	Prime Beefburger or Quorn Burger served with Chipped Potatoes, Pickles, Coleslaw and Sauces
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/ Wrap of the day	Cheese and Ham Cheese and Mushroom	Coronation Chicken Cheese and Pickle	Cheese and Tomato BLT	BBQ Pulled Pork Cheese, Spring Onion and Chilli	Panini/ Wrap/ Toastie of the Day
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	Syrup Sponge	Chocolate Tiffin	Strawberry Cheesecake	Raspberry Yogurt Flapjack Muffin	Slice of Marble Cake