

grab + go WEEK 1

Week Commencing: 1st Jan, 22nd Jan, 12th Feb, 11th March

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Cheesy Pepperoni
or
Cheddar Cheese

(G) (W) (SE) (MK)

BBQ Chicken & Cheese
or
Margherita Pizza

(G)(W)(B)(C)(SE)(MK)(SO)

Ham & Cheese
or
Cheese & Red Onion

(G) (W) (SE) (MK)

Bacon & Cheese
or
BBQ Quorn Sausage
& Cheese
(SO)

(G)(W)(B)(C)(SE)(MK)(E)

Vegan Meatball Marinara
& Cheese
or
Tuna & Cheese Melt

(G)(W)(SE)(MK)(E)(F)(SO)



Selection of Delicious
Wholemeal Filled Breads,
Artisan Rolls, Healthy
Salads and Pasta Pots

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Wholemeal Filled Breads,
Artisan Rolls, Healthy
Salads and Pasta Pots

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Salads and Pasta Pots



Jumbo Sausage Roll
or
Seasoned
Wedges & Cheese Pot

(G) (W) (SU) (MK)

Cheese & Bacon Turnover
or
Nacho, Cheese &
Salsa Pot

(G) (W) (E) (MK)

Hot dog in Roll
or
Seasoned
Wedges Pot

(G) (W) (SO) (SU) (SE)

Chicken Burger
or
Nacho, Cheese &
Sweet chili Sauce

(G) (W) (SE) (MK)

Pizza Bagel
or
Seasoned Wedges with
BBQ Sauce
(B) (C)

(G)(W)(SU)(SO)(MK)(E)



Homemade Cookies
and Cakes
Yogurt with Fruit Coulis
Fresh Fruit Pots and
Delicious Desserts
(G) (W) (B) (E) (MK)

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Delicious Desserts
(G) (W) (B) (E) (MK)

92% of our food is made from fresh ingredients every day • The meat we serve is Red Tractor, Farm Assured British accredited
All our fish is from sustainable sources • All of our eggs are free range laid by happy chickens • We bake our bread daily in your kitchen

Allergen Key: Barley (B), Celery (C), Egg (E), Fish (F), Gluten (G), Lupin (L), Milk (MK), Mustard (MU), Sesame Seeds (SE), Soya (SO), Sulphites (SU), Wheat (W)



grab + go WEEK 2

Week Commencing: 8th Jan, 29th Jan, 26th Feb, 18th March

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Cheesy Pepperoni
or
Cheddar Cheese

(G) (W) (SE) (MK)

BBQ Chicken & Cheese
or
Margherita Pizza

(G)(W)(B)(C)(SE)(MK)(SO)

Ham & Cheese
or
Cheese & Red Onion

(G) (W) (SE) (MK)

Bacon & Cheese
or
BBQ Quorn Sausage
& Cheese
(SO)

(G)(W)(B)(C)(SE)(MK)(E)

Vegan Meatball Marinara
& Cheese
or
Tuna & Cheese Melt

(G)(W)(SE)(MK)(E)(F)(SO)



Selection of Delicious
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Salads and Pasta Pots

Selection of Delicious
Wholemeal Filled Breads,
Artisan Rolls, Healthy
Salads and Pasta Pots



Jumbo Sausage Roll
or
Seasoned
Wedges & Cheese Pot

(G) (W) (SU) (MK)

Cheese & Bacon Turnover
or
Nacho, Cheese &
Salsa Pot

(G) (W) (E) (MK)

Hot dog in Roll
or
Seasoned
Wedges Pot

(G) (W) (SO) (SU) (SE)

Chicken Burger
or
Nacho, Cheese &
Sweet chili Sauce

(G) (W) (SE) (MK)

Pizza Bagel
or
Seasoned Wedges with
BBQ Sauce
(B) (C)

(G)(W)(SU)(SO)(MK)(E)



Homemade Cookies
and Cakes
Yogurt with Fruit Coulis
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Delicious Desserts
(G) (W) (B) (E) (MK)

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grab + go WEEK 3

Week Commencing: 15th Jan, 5th Feb, 4th March, 25th March

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Cheesy Pepperoni
or
Cheddar Cheese

(G) (W) (SE) (MK)

BBQ Chicken & Cheese
or
Margherita Pizza

(G)(W)(B)(C)(SE)(MK)(SO)

Ham & Cheese
or
Cheese & Red Onion

(G) (W) (SE) (MK)

Bacon & Cheese
or
BBQ Quorn Sausage
& Cheese
(SO)

(G)(W)(B)(C)(SE)(MK)(E)

Vegan Meatball Marinara
& Cheese
or
Tuna & Cheese Melt

(G)(W)(SE)(MK)(E)(F)(SO)



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Salads and Pasta Pots



Jumbo Sausage Roll
or
Seasoned
Wedges & Cheese Pot

(G) (W) (SU) (MK)

Cheese & Bacon Turnover
or
Nacho, Cheese &
Salsa Pot

(G) (W) (E) (MK)

Hot dog in Roll
or
Seasoned
Wedges Pot

(G) (W) (SO) (SU) (SE)

Chicken Burger
or
Nacho, Cheese &
Sweet chili Sauce

(G) (W) (SE) (MK)

Pizza Bagel
or
Seasoned Wedges with
BBQ Sauce
(B) (C)

(G)(W)(SU)(SO)(MK)(E)



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Yogurt with Fruit Coulis
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