

Week 2 - Week Starting Monday - 12th Sept, 2nd Oct, Change of Menu as No Gas in Kitchen

MEAL DEAL £2.70 Main Meal, Potato, Vegetables and Pudding	Monday	Tuesday	Wednesday	Thursday	Friday
Dish Of the Day £1.30	3 x Salmon Fish cakes (G,F) <i>Breaded Salmon Fish cakes</i>	2 x Chicken Sausage With Gravy (G,S,SU) <i>2 x chicken sausage braised in gravy</i>	Roast Chicken Breast <i>Char Grilled Chicken Breast</i>	Chicken Enchiladas (G,M) <i>Spiced chicken wrapped in a tortilla and gratinated</i>	Fish Friday (F,G) <i>Oven baked battered fish.</i>
Dish of Day Vegetarian £1.30	Pasta Primavera (G,M) <i>Veggie Stuffed pasta Dish in a cheesy white sauce</i>	Quorn Cottage Pie With Cauliflower Rice. (E,C,M) <i>with Quorn Mince, onion, celery, carrot, green lentils and topped with cauliflower rice.</i>	Arrabiata Pasta Bake (G,M) <i>Penne pasta in a tomato sauce topped with cheese</i> Served with Garlic bread (G,M,E)	Lentil and Quinoa Chilli Served with Tortilla Chips (G) <i>Lentil and Quinoa Chilli is hearty, healthy and full of nutrients your body needs</i>	Stir fried vegetables noodles in a black bean sauce (G,M,E,S,SE,C)
Potatoes £1.00 Vegetables £0.50	Potato wedges Sweetcorn Sliced carrots	Mashed potatoes Broccoli florets Roasted Vegetable Medley	Roast Potatoes Fresh Baton carrots Shredded Cabbage	Cajun Roast New Potatoes Broccoli florets Sweet corn	Chipped Potatoes Mushy Peas
Jacket Potato / Baked Beans	Jacket potato(£1.00) Baked Beans (£0.50) Tuna Mayonnaise (£0.50) (F,E,MU) Coleslaw (£0.50) (E,MU) Cheese (£0.50) (M) Mixed Leaf Salad (£0.50)	Jacket potato(£1.00) Baked Beans (£0.50) Tuna Mayonnaise (£0.50) (F,E,MU) Coleslaw (£0.50) (E,MU) Cheese (£0.50) (M) Mixed Leaf Salad (£0.50)	Jacket potato(£1.00) Baked Beans (£0.50) Tuna Mayonnaise (£0.50) (F,E,MU) Coleslaw (£0.50) (E,MU) Cheese (£0.50) (M) Mixed Leaf Salad (£0.50)	Jacket potato(£1.00) Baked Beans (£0.50) Tuna Mayonnaise (£0.50) (F,E,MU) Coleslaw (£0.50) (E,MU) Cheese (£0.50) (M) Mixed Leaf Salad (£0.50)	Jacket potato(£1.00) Baked Beans (£0.50) Tuna Mayonnaise (£0.50) (F,E,MU) Coleslaw (£0.50) (E,MU) Cheese (£0.50) (M) Mixed Leaf Salad (£0.50)
Pudding of the day £0.60	Chocolate toothPaste (G,M,E)	Cheese cake (G,M)(S) Chocolate Chip (S)	Chocolate Fudge Gateau (G,M,E)(Nuts)	Belgium waffles (G,E,S)(M) and chocolate sauce	Lemon drizzle cake (G,E)
£0.30	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection

updated 21st August 2022

Allergen information (G=GLUTEN: M=MILK: E=EGG: MU=MUSTARD: C=CELERY: S=SOYA: SU=SULPHITES: SESAME=SE: F=FISH) Check with Servery staff

Quad Daily Hot Wrap / Burrito					Chicken Burger in A Bap £1.00 Chips £1.00
Quad / R Block Pasta Bar Pizza	Pizza Magarita Halal Pepperoni Pizza £1.00	Pizza Magarita Halal Pepperoni Pizza £1.00	Pizza Magarita Halal Pepperoni Pizza £1.00	Pizza Magarita Halal Pepperoni Pizza £1.00	Pizza Magarita £1.00
R Block Pasta Bar	Pasta Pot Large £2.30 Small £1.50 Arrabiata Chicken Italian Pork BBQ Meatballs	Pasta Pot Large £2.30 Small £1.50 Arrabiata Chicken Italian Pork BBQ Meatballs	Pasta Pot Large £2.30 Small £1.50 Arrabiata Chicken Italian Pork BBQ Meatballs	Pasta Pot Large £2.30 Small £1.50 Arrabiata Chicken Italian Pork BBQ Meatballs	Chicken Burger in A Bap £1.00 Chips £1.00 Baked Beans £0.50
R Block Pasta Bar	Panini £1.00 Halal Chicken Tikka Halal Chicken Sausage Cheese and Tomato Halal Pepperoni Pizza Tuna Mayo Ham and Cheese	Panini £1.00 Halal Chicken Tikka Halal Chicken Sausage Cheese and Tomato Halal Pepperoni Pizza Tuna Mayo Ham and Cheese	Panini £1.00 Halal Chicken Tikka Halal Chicken Sausage Cheese and Tomato Halal Pepperoni Pizza Tuna Mayo Ham and Cheese	Panini £1.00 Halal Chicken Tikka Halal Chicken Sausage Cheese and Tomato Halal Pepperoni Pizza Tuna Mayo Ham and Cheese	Pizza Magarita £1.00