

Week 3 - Week Starting Monday - 19th Sept, 10th 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	Turkey Escalope served in a Cream Sauce (G,M) <i>Breaded Halal Turkey steak in a cream sauce</i>	Cottage Pie (C) <i>Minced beef and vegetables in a rich gravy topped with mashed potatoes</i>	Roast Chicken Breast <i>Char Grilled Chicken Breast</i>	Lasagne (G,M) <i>Layers of pasta with Bolognese sauce topped with grated cheese</i>	Battered Fish (F,G) <i>Oven baked battered Fish</i>
Dish of Day Vegetarian £1.30	Ratatouille <i>This moreish Mediterranean-style vegetable stew</i>	Roasted Vegetable Quiche (G,M,E,S) <i>A light pastry Crust filled with vegetables, egg and cheese</i>	Vegetable Hot Pot <i>Seasonal vegetables, beans, topped with sliced potato and baked in the oven</i>	Red lentil and Aubergine Moussaka (M,C) <i>Hearty and delicious, moussaka will warm you up</i>	Chinese Style Vegetables in a Hot garlic Sauce (G,C,S) <i>Serves on a Bed of Stir fried Egg Noodles (G,E)</i>
Potatoes £1.00 Vegetables £0.50	Potato Wedges Broccoli Baton carrots	New potatoes Herby Courgettes Sweet corn	Roast Potatoes Fresh carrots Shredded cabbage	Italian Roasted New Potatoes Whole Green Beans Veg of the day	Chipped Potatoes 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: F=FISH: SE=SESAME SEEDS) 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