



# Week 2 - Week Starting Monday - 11th Dec 2023



MEAL DEAL £2.70 Main Meal, Potato, Vegetables and Pudding	Monday	Tuesday	Wednesday 13th December Christmas Lunch	Thursday	Friday
Dish Of the Day  £1.30	<b>3 x Salmon Fish cakes (G,F)</b>  <b>Fish Pie (F,M,MU)</b> <i>Fish Pie made with Gluten free flour and topped with creamy mash potato</i>	<b>Minced Steak Pie (G,E)</b> <i>Tender minced beef encased in a Wholemeal shortcrust pastry.</i>	<b>Roast Turkey (Halal)</b> <i>Sage and onion stuffing</i>  <b>Roast Chicken Breast (Halal)</b> <i>Sage and onion stuffing</i>	<b>Chicken Enchiladas (G,M)</b> <i>Spiced chicken wrapped in a tortilla and gratinated</i>	<b>Fish Friday (F,G)</b> <i>Oven baked battered fish.</i>
Dish of Day Vegetarian  £1.30	<b>Vegan Pasta Primavera (G,S)</b> <i>Veggie Stuffed pasta Dish in a white Soya Milk sauce</i>	<b>Arrabiata Pasta Bake(G)</b> <i>Penne pasta in a tomato sauce Served with Garlic bread (G,M,E)</i>	<b>Vegan Wellington</b> <i>Homemade Vegetable Wellington with lentils, peppers, Mushrooms</i>  Roast Potatoes	<b>Lentil and Quinoa Chilli Served with Tortilla Chips (G)</b> <i>Lentil and Quinoa Chili is hearty, healthy and full of nutrients your body needs</i>	<b>Stir Fried Vegetables With Egg Noodles in a Sweet and Sour Sauce (G,E,C)</b> <i>Stir Fried Vegetables Amoy Udon Noodles in a Sweet and Sour Sauce (C,G)</i>
Potatoes £1.00 Vegetables £0.50	Potato wedges  Sweetcorn Sliced carrots	Mashed potatoes  Broccoli florets Roasted Vegetable Medley	Fresh Baton carrots Shredded Cabbage Brussels Sprouts  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) Traditional Christmas Pudding (G,N) and Custard(M) Assorted Gateau Mince Pie	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)
Pudding of the day £0.60	Apple and Blackberry Crumble (G) and custard (M)	Chocolate toothPaste (G,M,E)		Chocolate Brownie (G,E,S) with Chocolate Sauce (M)	Steamed treacle pudding (G,M,E) and custard(M)
£0.30	Fresh fruit selection	Fresh fruit selection		Fresh fruit selection	Fresh fruit selection

updated July 26th 2023

**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	<b>Southern Fried Chicken Wrap</b>  <b>(Allergens to be confirmed)</b>  <b>£1.70</b>	<b>Vegetarian Bean and Rice Burrito</b>  <b>(Allergens to be confirmed)</b>  <b>£1.70</b>	<b>Popcorn Chicken</b>  <b>(Allergens to be confirmed)</b>  <b>£1.70</b>	<b>Crispy Chicken Wrap</b>  <b>(Allergens to be confirmed)</b>  <b>£1.70</b>	Chicken Burger in A Bap  <b>£1.00</b> <b>Chips £1.00</b>
Quad / R Block Pasta Bar  Pizza	Pizza Magarita  Halal Pepperoni Pizza  <b>£1.00</b>	Pizza Magarita  Halal Pepperoni Pizza  <b>£1.00</b>	Pizza Magarita  Halal Pepperoni Pizza  <b>£1.00</b>	Pizza Magarita  Halal Pepperoni Pizza  <b>£1.00</b>	Pizza Magarita      <b>£1.00</b>
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  <b>£1.00</b> <b>Chips £1.00</b> <b>Baked Beans £0.50</b>
R Block Pasta Bar	<b>Panini £1.00</b> Halal Chicken Tikka Halal Chicken Sausage Cheese and Tomato Halal Pepperoni Pizza Tuna Mayo Ham and Cheese	<b>Panini £1.00</b> Halal Chicken Tikka Halal Chicken Sausage Cheese and Tomato Halal Pepperoni Pizza Tuna Mayo Ham and Cheese	<b>Panini £1.00</b> Halal Chicken Tikka Halal Chicken Sausage Cheese and Tomato Halal Pepperoni Pizza Tuna Mayo Ham and Cheese	<b>Panini £1.00</b> Halal Chicken Tikka Halal Chicken Sausage Cheese and Tomato Halal Pepperoni Pizza Tuna Mayo Ham and Cheese	Pizza Magarita      <b>£1.00</b>