

Week 1 - Week starting Monday. 15th April, 6th May, 3rd June, 24th June, 15th July 2024

ALL MEAT USED IS HALAL

MEAL DEAL £2.70 Main Meal, Potato, Vegetables and Pudding	Monday	Tuesday	Wednesday	Thursday	Friday
Dish Of the Day £1.30	£1.30 Chicken and Broccoli Bake (G,M) <i>Sliced Chicken and Broccoli in a creamy Sauce</i>	£1.30 Cottage Pie (C) <i>Minced beef and vegetables in a rich gravy topped with mashed potatoes</i>	£1.30 Roasted Leg of Chicken <i>Roasted Chicken Leg marinated with Paprika and Rosemary</i>	£1.30 Macaroni Cheese (G,M) with homemade garlic bread (G,M,E)	£1.30 Fish Friday (F,G) <i>Oven baked battered Fish</i>
Vegan Dish of Day Vegetarian £1.30	£1.30 Roasted Pepper and Courgette Frittata (M,E) <i>Spanish style omelette with Potato, Cheese, Tomato Filling or Roasted Vegetable medley</i>	£1.30 2 x Quorn Cumberland Sausage (G) <i>Meat Free Cumberland Sausages ; Punchy & peppery. High in protein. Source of fibre</i>	£1.30 Broccoli and Cauliflower Cheese(S) <i>Florets of Broccoli and Cauliflower coated in a tasty Vegan Gluten Free cheese sauce</i>	£1.30 Parmigiana Di Melanzane aubergines baked in a dish with tomato sauce, basil, parmesan and mozzarella cheese Vegan option Available	£1.30 Korean Fried Rice topped with a Fried Egg (E,S,C)
Potatoes £1.00 Vegetables £0.50	Potato Wedges Fresh carrots Sliced green beans	New potatoes Fresh broccoli florets Sweetcorn	Roast potatoes Fresh carrots Shredded cabbage	Baked Spicy potato wedges Sweetcorn 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	Apple + Mixed Berry Crumble (G) and custard (M)	Raspberry and Vanilla Sponge (G,E)	Crunchy Cornflake Tart (G) and custard (M)	Ginger Cake(G) and custard (M)	Double Chocolate Muffins(G,E,M,S)
£0.30	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection	Fresh fruit selection

Updated 28th March 2024

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

Week 1 - Week starting Monday. 24th April, 15th May, 12th June, 3rd July, 2023

ALL MEAT USED IS HALAL

Quad Daily Hot Wrap / Burrito	Tyson Panko Chicken Wrap with Asian Ginger,Chilli and Garlic Sauce (G,S) £1.70	Vegan Black bean and rice Burrito (G) £1.70	Halal Popcorn Chicken (G)(E,S,M,C,MU,SU) £1.70	Mediterranean Whole Chicken Thigh Rice Bowl (C) £1.70	Chicken Burger in A Bap (G,E,S) (SE) £1.00 Chips £1.00
Quad / R Block Pasta Bar Pizza	Pizza Magarita (G,M) Pepperoni Pizza (G,M)(C,E,MU,S) £1.00	Pizza Magarita (G,M) Texas BBQ Chicken Pizza (G,M) £1.00	Pizza Magarita (G,M) Chicken Tikka Flatbread Pizza (G,M) £1.00	Pizza Magarita (G,M) Tuna & Sweetcorn Pizza (G,M,F) £1.00	Pizza Magarita (G,M) £1.00
R Block Pasta Bar	Pasta Pot (G) Large £2.30 Small £1.50 Arrabiata Chicken Italian Pork BBQ Meatballs (G)	Pasta Pot (G) Large £2.30 Small £1.50 Arrabiata Chicken Italian Pork BBQ Meatballs (G)	Pasta Pot (G) Large £2.30 Small £1.50 Arrabiata Chicken Italian Pork BBQ Meatballs (G)	Pasta Pot (G) Large £2.30 Small £1.50 Arrabiata Chicken Italian Pork BBQ Meatballs (G)	Chicken Burger in A Bap £1.00 Chips £1.00 Baked Beans £0.50
R Block Pasta Bar Allergens on Paninis are individually labelled	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 (G,M) £1.00 No Panini on Friday

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