



Grab and Go Menu - Week 1

Monday	Fresh chicken breast skewers in a variety of marinades served in a tortilla wrap with salad optional.
Tuesday	A variety of pastries served with beans or make it a meal with creamed potatoes and vegetables. (Sausage roll, Cornish or steak bakes)
Wednesday	Homemade ^h pizza with a variety of toppings, can be served with beans for extra cost
Thursday	Breaded chicken burgers served in a bun with salad as an option, or veggie burger
Friday	Popcorn chicken served in a totilla wrap with optional salad
	<i>Please note that all grab and go's will have a vegetarian option.</i>

PLEASE ASK A MEMBER OF STAFF FOR FOOD ALLERGY INFORMATION



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Grab and Go Menu - Week 2

Monday	Steak burgers served in a floured bap with salad (optional) OR veggie burger.
Tuesday	Ciabattas with garlic butter, mozzarella cheese with or without chorizo OR Breaded mac'n'cheese bites.
Wednesday	Mini chicken fillets served in a tortilla wrap with salad as an option
Thursday	Greek style chicken gyro served in a flat bread with chilli or garlic sauce.
Friday	Cumberland sausage served in a soft baguette with gravy (optional)
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Grab and Go Menu - Week 3

Monday	Hot dogs served in a brioche style bun with onions (optional)
Tuesday	Donner meat served in a tortilla with salad garnish (optional) and garlic mayo.
Wednesday	Southern fried chicken served in a wrap or a tub with sauce extra.
Thursday	Freshly diced chicken marinated and skewered then served in a tortilla wrap. with salad as an option.
Friday	Chicken fillets served in a wrap with dip or side salad.
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