

September 2011 Tariff

Complete Meal

Main Meal and Dessert	£1.85
Vegetables with Main Meal	
Main Meal without Dessert	£1.45
Dessert only	£0.50
Jacket Potato Plain	£1.05
Toppings from	£0.50
Hot Pots	£1.50

Sandwiches, Baguettes, etc.

Standard Sandwich	£1.40
Standard Baguettes	£1.55
½ Standard Baguettes	£0.80
Standard Pitta Pocket	£1.45
Standard Bagels	£1.50
Premium Bagels	£1.80
Standard Wraps	£1.45
Premium Wraps	£1.80
Whole Pannini	£1.85
½ Pannini	£0.95
Bacon Rolls	£1.05
Standard Ciabatta Roll	£1.70
Premium Ciabatta Roll	£1.85
Standard Small Filled Rolls	£0.95
Soup & Roll	£0.95
Freshly Made Rolls	£0.45
Butter Portion	£0.10
Grated Cheese – 2oz portion	£0.55
Sauce Sachets	£0.15

Salads & Fruit

Plain Mixed Salad Pot	£1.25
Salad Pot with Protein	£1.55
Fresh Fruit Salad large pot	£1.25
Fresh Fruit Salad small pot	£0.50
Flavoured Yoghurt Pots	£0.85
Fresh Fruit from	£0.55

Drinks

GI Juice – 7oz cup	£0.85
Funtime Milkshake	£0.55
Smoothie – 200ml	
Water - 500ml	£0.70
Water - 330ml	£0.55
Suso New Size	£0.90
Juicy Water	£0.50
Drench - 500ml	£0.90

Snacking Items

Pizza/Cheese & Tomato	£1.05
Pizza plus protein	£1.35
Home made Cakes	£0.65
Home made Cookies	£0.65
Chicken Burger & Cheese	£1.95
Beef Burger Plain	£1.65
Hotdog	£1.50
Beef Burger & Cheese	£1.95
Lamb Burger Plain	£1.60
Cheese on Toast (1)	£0.80
Egg & Bacon Roll	£1.20
Egg Roll	£1.00
Potato Pots	£1.05
Baked Beans	£0.55



Week 1 Monday Tuesday Wednesday Thursday Friday

MAIN MEALS MEAT	Chicken Curry & Rice	Lamb Moussaka	Roast Chicken, Roast Potatoes & Gravy	Cottage Pie	Classic Battered Fish & Chips
MAIN MEALS VEGETARIAN	Baked Cauliflower Cheese	Cheese, Tomato & Basil Quiche	Vegetable Pasta Bake	Vegetable Curry & Rice	Vegetable Sausages & Chips
VEGETABLES	Sweetcorn Green Beans	Broccoli Mixed Salad	Savoy Cabbage Roasted Parsnips	Carrots Courgettes	Baked Beans Peas
HOT DELI	Tuna Melt Panini & Cheese & Tomato Pizza	Spicy Vegetable Panini & Vegetable Soup Of The Day	Cheese & Onion Panini & Spicy Bean Burger In A Bun	Cheese & Tomato Panini & Vegetable Soup Of The Day	Cheese Panini & Chicken Burger
COLD DELI	Cheese Salad	Tuna Pasta Salad	Ham Salad	Chicken Salad	Mozzarella, Tomato and Basil Salad
SPUDS	Beans	Tuna Mayo	Chicken Mayo	Coleslaw	Cheese
HOT POTS	Beef Chilli Rice Pot & Cheesy Fusilli	Curried Chicken Pasta Pot & Quorn Vegetable Noodles	Cumin Spiced Lamb Pasta Pot & Oriental Sweet 'n' Sour Noodles	Chilli Chicken Noodles & Spicy Tomato Penne	Spicy Vegetable Pasta Pot
DESSERT OF THE DAY	Apple Sponge & Custard	Chocolate Crunch & Chocolate Sauce	Iced Sponge & Custard	Carrot Cake and Custard	Fruit Salad





Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	
MAIN MEALS MEAT	Sausages & Mash with Onion Gravy	Lamb Curry & Rice	Roast Beef, Yorkshire Pudding, Roast Potatoes & Gravy	Chicken & Mushroom Pie	Breaded Fish & Chips	
MAIN MEALS VEGETARIAN	Vegetable Lasagne	Cheese, Leek & Potato Shepherdess Pie	Frittata - Spanish Omelette	Vegetable Chilli & Rice	Spicy Quorn and Spinach Tacos	
VEGETABLES	Mixed Salad Peas	White Cabbage Broccoli	Carrots Green Beans	Sweetcorn Curried Cauliflower	Baked Beans Peas	
HOT DELI	Spicy Quorn Mince Panini & Cajun Chicken Wrap	Cheese & Ham Panini & Vegetable Soup Of The Day	Cheese Panini & Spicy Chicken Pizza	Cheese & Roasted Pepper Panini & Vegetable Soup Of The Day	Garlic Mushroom Panini & Chicken Burrito	
COLD DELI	Cheese Salad	Tuna Pasta Salad	Ham Salad	Chicken Salad	Mozzarella, Tomato and Basil Salad	
SPUDS	Beans	Tuna Mayo	Chicken Mayo	Coleslaw	Cheese	
HOT POTS	Chilli Chicken Rice Pot & Tomato & Basil Penne	Oriental Beef Noodles & Curried Vegetable Pasta Pots	Thai Chicken Curry Pasta Pot & Spicy Vegetable Noodles	Italian Chicken Rice Pot & Quorn Bolognese Pasta	Salsa Chicken Pasta Pot	
DESSERT OF THE DAY	Lemon Sponge & Custard	Flapjack and Custard	Traditional Rice Pudding & Jam Sauce	Chocolate & Coconut Squares & Custard	Apple Crumble & Custard	



Week 3 Monday Tuesday Wednesday Thursday Friday

MAIN MEALS MEAT	Lasagne	Bacon, Cheese & Onion Quiche	Roast Chicken, Roast Potatoes & Gravy	Chicken Stroganoff & Rice	Classic Battered Fish & Chips
MAIN MEALS VEGETARIAN	Quorn Mince & Vegetable Pie, topped with Mashed Potato & Gravy	Cauliflower & Broccoli Cheese Bake	Vegetable & Butter Bean Filo Pie	Vegetable Casserole & New Potatoes	Vegetable Curry & Rice
VEGETABLES	Carrots Peas	Mixed Salad Green Beans	Broccoli Swede	Sweetcorn Savoy Cabbage	Baked Beans Peas
HOT DELI	Mozzarella & Spinach Panini & Hawaiian Pizza	Spicy Chicken Panini & Vegetable Soup Of The Day	Cheese & Tomato Panini & Jamaican Lamb Patty	Cheese & Ham Panini & Vegetable Soup Of The Day	Cheese Panini & Cheese & Tomato Pizza
COLD DELI	Cheese Salad	Tuna Pasta Salad	Ham Salad	Chicken Salad	Mozzarella, Tomato and Basil Salad
SPUDS	Beans	Tuna Mayo	Chicken Mayo	Coleslaw	Cheese
HOT POTS	Cajun Chicken Rice Pot & Primavera Fusilli	Mexican Lamb & Pepper Pasta Pot & Quorn & Vegetable Noodles	Ham & Mushroom Penne & Moroccan Vegetable Rice Pot	Beef Curry Pasta Pot & Hoi Sin Vegetable Noodles	Spicy Tomato Penne
DESSERT OF THE DAY	Pear & Ginger Sponge & Custard	Chocolate Fudge Pudding & Custard	Jam & Coconut Sponge & Custard	Rice Crispy Cake	Shortbread and Ice Cream





Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN MEALS MEAT	Beef and Onion Pie	Moroccan Lamb Curry & Rice	Roast Turkey, Cranberry Jus and Roast Potatoes	Toad-in-the-Hole with Onion Gravy	Classic Fish Fingers & Chips
MAIN MEALS VEGETARIAN	Sweet Potato Chickpea Curry & Rice	Quorn & Vegetable Chow Mein	Vegetable Turnover, Roast Potatoes & Gravy	Vegetable Toad-in-the-Hole with Onion Gravy	Cheese & Onion Quiche & Chips
VEGETABLES	Mixed Salad Green Beans	Peas Sweetcorn	Carrots Leeks	Courgettes Cauliflower	Baked Beans Peas
HOT DELI	Bacon & Cheese Panini & Vegetable Wrap	Tuna & Onion Panini & Vegetable Soup Of The Day	Cheese Panini & Beef Burger	Cheese & Tomato Panini & Vegetable Soup Of The Day	Ham & Tomato Panini & Vegetable Pizza
COLD DELI	Cheese Salad	Tuna Pasta Salad	Ham Salad	Chicken Salad	Mozzarella, Tomato and Basil Salad
SPUDS	Beans	Tuna Mayo	Chicken Mayo	Coleslaw	Cheese
HOT POTS	Hoi Sin Chicken Noodles & Cheesy Penne Pasta	Thai Chicken Rice Pot & Sweet Chilli Vegetable Pasta Pot	Spicy Greek Lamb and Potato Pot & Quorn Pasta Bolognese	Jerk Chicken Rice Pot & Tuna Pasta Bake	Moroccan Chickpea & Vegetable Pasta Pot
DESSERT OF THE DAY	Pineapple Upside Down Cake & Custard	Chocolate Brownie and Chocolate Custard	Apple & Mixed Berry Crumble and Custard	Banana Cake & Custard	Fruit Salad

