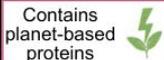
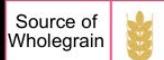
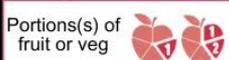


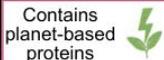
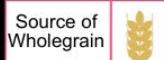
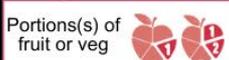
# GRAB & GO MENU

WEEK ONE	Price
<b>Monday</b>	
Soup of the Day & Roll	£1.10
Thai Spiced Massaman Aubergine Curry & Rice 	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
<b>Tuesday</b>	
Soup of the Day & Roll	£1.10
Currywurst Quorn Sausages (ve)	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
<b>Wednesday</b>	
Soup of the Day & Roll	£1.10
Wholegrain Pizza Panini 	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Freshly Baked Jacket Potato (ve)	£1.10
Choice of Fillings:	1 Filling
• Beans 	£1.65
• Cheese	2 Fillings
• Tuna Mayonnaise	£2.10
<b>Thursday</b>	
Soup of the Day & Roll	£1.10
Aubergine Shawarma Flatbreads	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
<b>Friday</b>	
Soup of the Day & Roll	£1.10
Pepperoni Pizza & Chips	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Freshly Baked Jacket Potato	£1.10
Choice of Fillings:	1 Filling
• Beans 	£1.65
• Cheese	2 Fillings
• Tuna Mayonnaise	£2.10
• Salmon Mayonnaise 	



# GRAB & GO MENU

WEEK TWO	Price
<b>Monday</b>	
Soup of the Day & Roll	£1.10
Tomato & Basil Pasta Pot (ve)	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
<b>Tuesday</b>	
Soup of the Day & Roll	£1.10
Homemade Falafel, Salad & Tomato Salsa Greek Wrap (ve) 	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
<b>Wednesday</b>	
Soup of the Day & Roll	£1.10
American Style Loaded Cheese, Pepperoni & Jalapeno Tart	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Freshly Baked Jacket Potato (ve)	£1.10
Choice of Fillings:	1 Filling
• Beans 	£1.65
• Cheese	2 Fillings
• Tuna Mayonnaise	£2.10
<b>Thursday</b>	
Soup of the Day & Roll	£1.10
Classic Pasta Primavera with Seasonal Vegetables (ve) 	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
<b>Friday</b>	
Soup of the Day & Roll	£1.10
Pepperoni Pizza & Chips	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Freshly Baked Jacket Potato (ve)	£1.10
Choice of Fillings:	1 Filling
• Beans 	£1.65
• Cheese	2 Fillings
• Tuna Mayonnaise	£2.10



# GRAB & GO MENU

WEEK THREE	Price
<b>Monday</b>	
Soup of the Day & Roll	£1.10
Green Pesto Penne Pasta	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
<b>Tuesday</b>	
Soup of the Day & Roll	£1.10
Cajun Style Dirty Vegetable Rice (ve) 	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
<b>Wednesday</b>	
Soup of the Day & Roll	£1.10
Thai Green Vegetable Curry & Rice (ve) 	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Freshly Baked Jacket Potato (ve)	£1.10
Choice of Fillings:	1 Filling
• Beans	£1.65
• Cheese	2 Fillings
• Tuna Mayonnaise	£2.10
<b>Thursday</b>	
Soup of the Day & Roll	£1.10
Turkish Lentil Kofte Wrap with Tzatziki Dressing 	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
<b>Friday</b>	
Soup of the Day & Roll	£1.10
Pepperoni Pizza & Chips	£2.10
Cheese or Arrabbiata Sauce with Penne Pasta	£2.10
Freshly Baked Jacket Potato (ve)	£1.10
Choice of Fillings:	1 Filling
• Beans 	£1.65
• Cheese	2 Fillings
• Tuna Mayonnaise	£2.10

