

# Grab & Go

Options – Available every day

## Sandwiches

All served without salad

- Cheese (1,5,6)(H)
- Chicken Mayo (1,3,6,10)(H)
- Chicken Tikka (1,3,6,7,10,14)(H)
- Cajun Chicken (1,3,6,10,14)(H)
- Egg Mayonnaise (1,3,6,10)
- Ham (1,6)
- Ham & Cheese (1,5,6)
- Tuna Mayo (1,3,6,7,10)(H)
- Tuna Cucumber (1,3,6,7,10)(H)
- Turkey (1,5,6)

## Cold Pasta Pots

- Cheese (1,3,5)
- Tuna (1,3,7)
- Tuna & Sweetcorn (1,3,7)
- Chicken Mayo (1,3)(H)
- Chicken Tikka (1,3)(H)
- Tomato (1,3)

## Salads

A choice of Mixed Cheese Salad, Chicken Tikka (1,3), Grated Cheese (5), Tuna Mayo (3,7,10), Boiled Eggs (3), Coleslaw (3,10), Pickled Onions (14), Pickled Beetroot (2,4,13), Red Onion, Sweetcorn

## Paninis

- Cheese (1,5)(H)
- Turkey Ham & Cheese (1,5)(H)
- Pepperoni (1,5,6,10)(H)
- Tuna Melt (1,5,7,10)(H)
- Spicy Chicken (1,5)(H)

## Break time

- Croissant (1,3,5)
- Waffle (1,3,6)
- Pain Au Chocolat (1,3,5,6)
- Pizza Slice (1,5)
- Bacon Roll (1)
- Sausage Roll(1,3)
- Hash Browns
- Toast (1)

## Pasta Bar

Pasta served with Bolognese Sauce (1,5,8), Chilli Con Carne (1,5,8) or Tomato & Basil (1,5,8)

## Jacket Potatoes

Served with a choice of toppings;  
Cheese (5), Tuna Mayonnaise (3,7,10),  
Baked Beans

For Allergens see numbers in brackets next to each dish and refer to Allergens below.

-  1 **GLUTEN**
-  2 **NUTS**
-  3 **EGG**
-  4 **SESAME**
-  5 **MILK**
-  6 **SOY**
-  7 **FISH**
-  8 **CELERY**
-  9 **CRUSTACEAN**
-  10 **MUSTARD**
-  11 **MOLLUSCS**
-  12 **LUPINS**
-  13 **PEANUTS**
-  14 **SULPHITE**

## Traybakes

### Monday

Cookies (1,5,6)(H)

### Tuesday

Apple & Cinnamon Flapjack (1)(H)

### Wednesday

Chocolate & Cranberry Crunch (1,3)(H)

### Thursday

Chocolate Tiffin (1,5,6)(H)

### Friday

Doughnut (1,14)(H)