

# 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 <b>GLUTEN</b>     |  2 <b>NUTS</b>     |  3 <b>EGG</b>       |  4 <b>SESAME</b> |
|  5 <b>MILK</b>       |  6 <b>SOY</b>      |  7 <b>FISH</b>      |  8 <b>CELERY</b> |
|  9 <b>CRUSTACEAN</b> |  10 <b>MUSTARD</b> |  11 <b>MOLLUSCS</b> |   |
|  12 <b>LUPINS</b>    |  13 <b>PEANUTS</b> |  14 <b>SULPHITE</b> |   |

## Traybakes

### Monday

Chocolate Crackle (1,5,14)

### Tuesday

Banana Flapjack (1,14)

### Wednesday

Chocolate Cherry Shortbread (1,3,5)

### Thursday

Jam Doughnut (1)

### Friday

Cookies (1,5,6) or Ice Cream (5)