

Spring/Summer															
Week 1															
	Monday	GF?	Carbs	Tuesday	GF?	Carbs	Wednesday	GF?	Carbs	Thursday	GF?	Carbs	Friday	GF?	Carbs
Main	Malaysian Chicken Curry	Y	15g	Sticky Ham & Eggs	Y	2g	Roast Turkey	Y	0g	BBQ Brisket Beef Burger	Y N	2g	Cod Bites	N	35g
Vegetarian	Veg Spring Roll	N	15g	Buffalo Quorn & Pepper Wrap	N	22g	Vegetable Tartlets	N	33g	Quorn Burger	N	55g	Cheese Pasty	N	30g
Sides	Rice	Y	20g	Baked Potato	Y	30g	Roast Potatoes	Y	15g	Potato Salad	Y	20g	Chips	Y	50g
	Poppadoms	Y	4g	Baked Beans	Y	15g	Root Veg	Y	4g	Coleslaw	Y	2g	Curry Sauce	N	7g
	Salad	Y	2g	Nacho Chips	N	15g	Yorkshire Pudding	N	5g	Salad	Y	2g	Beans	Y	15g
	Lemon Mayonnaise	Y	0g	Salad	Y	2g	Peas	Y	2g	Baby Jacket Potato	Y	20g	Gravy	Y	7g
							Salad	Y	2g	Bread Roll	N	25g	Mushy Peas	Y	2g
							Garlic Bread	N	20g				Salad	Y	2g
							Gravy	Y	7g						
							Stuffing	N	8g						
Pizza Pasta	Pesto Chicken Pasta	N	50g	Bolognese Pasta	N	50g	Lasagne	N	55g	Cajun Tikka & Pepper Pasta	N	50g	Pasta Bake	N	55g
	Tomato Pasta	N	55g	Veggie Bolognese Pasta	N	50g	Veg Lasagne	N	50g	Quorn Tikka Pasta	N	50g	Pizza	N	47g
				Pizza	N	47g				Pizza	N	47g			
Street Eat	Fish Finger Sandwich	N	50g	Buffalo Chicken Wrap	N	22g	Turkey Sandwich	N	50g	Chargrilled Sausage BBQ Pulled Pork	Y Y	11g 2g	Fresh Fish Special	?	?
Dessert	Lemon Drizzle Cake	N	30g	Strawberries & Cream	Y	1g	Cornflake Tart & Custard	N	28g	Mixed Jelly	Y	1g	Waffles & Cream	N	18g

* Every day at Break you can pre-order gluten free pasta and on Tuesdays, Thursdays and Fridays you can pre-order gluten free Pizza. We also have a salad bar and jacket potatoes for additional Gluten Free Options.

Spring/Summer															
Week 2															
	Monday	GF?	Carbs	Tuesday	GF?	Carbs	Wednesday	GF?	Carbs	Thursday	GF?	Carbs	Friday	GF?	Carbs
Main	Pork Schnitzel	N	18g	Chicken Casserole	Y	11g	Roast Pork	Y	0g	Chicken Legs	Y	0g	Battered Cod	N	30g
										Chicken Wings	Y	0g			
Vegetarian	Veggie Burger	N	50g	Sweet Potato Taco	N	16g	Quorn Stroganoff	Y	8g	Piri Piri Veg Pitta	N	19g	Chickpea Dhal	Y	8g
Sides	Greens	Y	2g	Hasselback Potatoes	Y	18g	Roast Potatoes	Y	15g	Macho Peas	Y	2g	Chips	Y	50g
	Pepper Sauce	N	8g	Salad	Y	2g	Vegetable Medley	Y	2g	Rice	Y	25g	Curry Sauce	N	7g
	Mash Potato	Y	30g	Carrot Sticks	Y	2g	Yorkshire Pudding	N	5g	Sweet Potato Fries	Y	35g	Beans	Y	15g
	Salad	Y	2g				Stuffing	N	8g	Corn	Y	2g	Gravy	Y	7g
							Gravy	Y	7g	Salad	Y	2g	Mushy Peas	Y	2g
						Apples Sauce	Y	1g	Slaw	Y	2g	Salad	Y	2g	
												Rice	Y	25g	
Pizza/Pasta	Pesto Chicken Pasta	N	50g	Bolognese Pasta	N	50g	Lasagne	N	55g	Cajun Tikka & Pepper Pasta	N	50g	Pasta Bake	N	55g
	Tomato Pasta	N	55g	Veggie Bolognese Pasta	N	50g	Veg Lasagne	N	50g				Pizza	N	47g
				Pizza	N	47g				Quorn Tikka Pasta	N	50g			
										Pizza	N	47g			
Street Eat	Cod Fish Burger	N	50g	Shredded Beef Taco	N	22g	Hot Pork Sandwich	N	50g	Chicken Wrap	N	25g	Fish Special	?	?
										Chicken Burger	N	50g			
Dessert	Orange & Polenta Cake	N	15g	Summer Berry Eton Mess	Y	2g	Pink Sponge & Custard	N	28g	Berry Blast	N	19g	Churros & Chocolate Sauce	N	25g
										Muffin					

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Week 3															
	Monday	GF?	Carbs	Tuesday	GF?	Carbs	Wednesday	GF?	Carbs	Thursday	GF?	Carbs	Friday	GF?	Carbs
Main	Char-Grilled Chicken	Y	0g	Chicken & Chorizo Paella	Y	30g	Roast Beef	Y	0g	Chilli Beef Burrito	N	22g	Cod Goujon	N	25g
	Fillet									Chicken Fajita	N	22g			
Vegetarian	Veg Chow Mein	N	30g	Quorn Sub Sandwich	N	50g	Tomato & Pepper Gnocchi	N	18g	Quorn & Bean Chilli	Y	9g	Falafel Sub Sandwich	N	50g
Sides	Chimichurri Salsa	Y	0g	Salad	Y	2g	Roast Potatoes	Y	15g	Rice	Y	25g	Chips	Y	50g
	Savoury Rice	Y	25g	Crusty Bread	N	20g	Yorkshire Pudding	N	5g	Nacho Chips	N	10g	Curry Sauce	N	7g
							Gravy	Y	7g	Refried Beans	Y	8g	Gravy	Y	7g
							Seasonal Vegetables	Y	2g	Salsa	Y	0g	Beans	Y	15g
										Sour Cream	Y	0g	Mushy Peas	Y	2g
									Guacamole	Y	0g	Salad	Y	2g	
												Rice	Y	25g	
Pizza Pasta	Pesto Chicken Pasta	N	50g	Bolognese Pasta	N	50g	Lasagne	N	55g	Cajun Tikka & Pepper Pasta	N	50g	Pasta Bake	N	55g
	Tomato Pasta	N	55g	Veggie Bolognese Pasta	N	50g	Veg Lasagne	N	50g				Pizza	N	47g
				Pizza	N	47g				Quorn Tikka Pasta	N	50g			
										Pizza	N	47g			
Street Eat	Prawn Noodles	N	30g	Meatball Sub	N	50g	Beef Sandwich	N	50g	Chilli Con carne	Y	12g	Fish Special	?	?
Dessert	Pineapple Upside Down	N	28g	Raspberry Cranachan	Y	2g	Jam Roly Poly & Custard	N	27g	Banoffee Pie Pots	N	18g	Pancakes with Orange and Chocolate	N	15g
	Cake & Custard														

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