

The **DELI**



**Deli & Salad Bar
Opening Wednesday
10th September in TCC**

The **DELI**



Bap Sandwich Crusty Roll £2.15

Baguette Wrap Ciabatta

£2.30

Salad box with Protein £2.30

Additional Protein 30p

**Meal Deal (includes Water Or Juice
+ Fruit or Jelly or Homebake) £2.86**

The DELI



1 Filling + Salad £2.15

2 Filling+ Salad£2.30

Salad box with Protein £2.30

Additional Protein 30p

**Meal Deal (includes Water Or Juice +
Fruit or Jelly or Home bake) £2.86**

MEAL DEAL

ONLY

£2.68

CHOOSE FROM:

ANY MAIN MEAL ●

ENTER PRODUCT HERE
WITH VEGETABLES ON SALAD

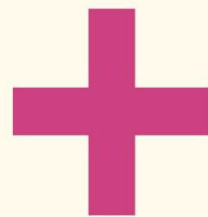
PASTA & SAUCE ●

WITH SALAD

HANDCRAFTED ITEM ●

BAGUETTE, ROLL OR SANDWICH

SALAD BOX ●



ONE OF:

HOT or COLD DESSERT
of the day

JELLY

FRESH FRUIT



ONE OF:

WATER or FRUIT JUICE 150ml

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WEEK
ONE

MENU KEY



ADDED PLANT
PROTEIN



VEGAN OPTION



SOURCE OF
WHOLEMEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION
#1

**BUTTERNUT
MAC & CHEESE**
With Crunchy
Topping

BEEF CHILLI
with Rice and
Sour Cream



**PORK OR
CHICKEN
SAUSAGE**
Roast Potatoes
and Gravy

**CHICKEN
TIKKA
MASALA**
With 50/50
Rice



**BREADED
FISH**
with Chips &
Garden Peas

OPTION
#2

**QUORN &
VEGETABLE
CHOW MEIN**

**FALAFEL
WRAPS**
with Couscous
and Mint &
Yoghurt Dip

**VEGAN
SAUSAGE**
With Roast
Potatoes and
Gravy



**SWEET
POTATO &
CHICKPEA
CURRY**
with 50/50
Rice



**CHEESE & LEEK
FRITTATA**
with Chips and
Garden Peas

**ON THE
SIDE**

Vegetables of
the Day

Vegetables of
the Day

Vegetables of
the Day

Vegetables of
the Day

Vegetables of
the Day

**DESSERT
OF THE
DAY**

**PINEAPPLE
UPSIDE
DOWN CAKE**

**CHOCOLATE
CRUNCH CAKE**

**STICKY TOFFEE
APPLE CRUMBLE**
With Custard



**WARMED
JAMAICAN
GINGER CAKE**
with Ice Cream or
Custard

**ICED SPONGE
CAKE**

**CHECK
OUT**

OUR HOT AND
COLD GRAB &
GO SELECTION

**MEAL DEAL
PRICE**

• • • • •
XXX

ALLERGIES

PLEASE SPEAK TO A MEMBER OF STAFF IF
YOU HAVE AN ALLERGY AND NEED TO KNOW
WHAT'S INSIDE OUR FOOD DISHES. THEY
WILL ADVISE YOU OF YOUR AVAILABLE
CHOICES.

**PLEASE SEE OUR THEME
DAYS AND SPECIAL OFFERS**

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WEEK TWO

MENU KEY



ADDED PLANT
PROTEIN



VEGAN OPTION



SOURCE OF
WHOLEMEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

**CHEESE AND
TOMATO
QUICHE**

With Potato
Wedges



**BEEF
LASAGNE**

with Garlic Bread
and Salad



**CREAMY
CHICKEN AND
BROCCOLI**

PIE

with New
Potatoes



**JERK
CHICKEN**

with Rice and
Peas and
Pineapple Slaw

**FISH IN
BATTER**

with Chips

OPTION #2

**CRUNCHY
LENTIL PASTA
BAKE**

with Roasted
Vegetables

**CHICKPEA
AND SWEET
POTATO**

TAGINE

With Couscous



**LEEK, ONION &
POTATO
TRAY BAKE**

**CURRIED
SQUASH &
BUTTERBEAN**



STEW
with Rice and
Peas & Slaw

**VEGAN
BURGER**

with Chips



ON THE SIDE

Vegetables of
the Day

Vegetables of
the Day

Vegetables of
the Day

Vegetables of
the Day

Vegetables of
the Day

DESSERT OF THE DAY

**CHOCOLATE
SPONGE
PUDDING**

APPLE PIE
With Cream

**PEAR & CHOC
CRUMBLE**
With Custard



**JAM & COCONUT
SPONGE**

**OATY
FLAPJACK**



**CHECK
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OUR HOT AND
COLD GRAB &
GO SELECTION

**MEAL DEAL
PRICE**

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WEEK THREE

MENU KEY



ADDED PLANT
PROTEIN



VEGAN OPTION



SOURCE OF
WHOLEMEAL

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OPTION #1

**CHEESY
CHILLI
CHICKEN
PASTA**

YAMAS!

**CHICKEN
SOUVLAKI**
with Golden
Rice or
Seasoned
Potatoes

**ROAST OF
THE DAY**
New Potatoes
& Gravy

ENCHILADAS
Pork, Beef or
Chicken
(choose one)
with 50/50
Rice



**CHIP SHOP
FISH /
SAUSAGE**
with Chips, Mushy
Peas and Gravy/
Curry Sauce

OPTION #2

**SPAGHETTI
& PLANT
BASED
MEATBALLS**



**SPINACH &
CHEESE
WHIRL**
Golden Rice or
Seasoned
Potatoes

**LENTIL
WELLINGTON**
with New
Potatoes &
Gravy



**MEXICAN
SOYA CHILLI**
with 50/50
Rice and Sour
Cream



**VEGAN
SAUSAGE**
Chips, Mushy
Peas
& Gravy/
Curry Sauce

ON THE SIDE

Vegetables of
the Day

Vegetables of
the Day

Vegetables of
the Day

Vegetables of
the Day

Vegetables of
the Day

DESSERT OF THE DAY

**CHOC
ORANGE
COOKIE**



**SUMMER
FRUIT
CRUMBLE**
With
Custard



**FRUIT
MUFFINS**

PEACH CAKE
With Custard

**CHOCOLATE
BROWNIE**

CHECK OUT

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GO SELECTION

MEAL DEAL PRICE

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