

WEEK 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MAINS</p> <p>Northeast classic chicken parmo served with oven baked wedges & coleslaw.</p>	<p>MAINS</p> <p>Traditional lasagne served with sweetcorn and garlic bread.</p>	<p>MAINS</p> <p>Roast pork served with Yorkshire pudding, stuffing, roast potatoes, seasonal vegetables and gravy.</p>	<p>MAINS</p> <p>Chicken rogan josh served with fluffy rice and oven baked naan bread.</p>	<p>MAINS</p> <p>Battered fish, chips and peas. Optional curry sauce available.</p>
<p>URBAN EATS</p> <p>New York style hot dog served with a side of nacho's.</p>	<p>URBAN EATS</p> <p>Chicken tower burger in a bun served with an optional salad and tomato chutney.</p>	<p>URBAN EATS</p> <p>Fully loaded skin on fries... Topped with cheese and crispy bacon.</p>	<p>URBAN EATS</p> <p>Hog Roast in a deli bun served with stuffing and gravy.</p>	<p>URBAN EATS</p> <p>Nut free chicken satay flatbread served with Asian slaw.</p>
<p>PANINI OF THE DAY</p> <p>BBQ chicken panini</p>	<p>PANINI OF THE DAY</p> <p>Ham and cheese panini.</p>	<p>PANINI OF THE DAY</p> <p>Pizza panini.</p>	<p>PANINI OF THE DAY</p> <p>Sauage and baked bean panini topped with grated cheese.</p>	<p>PANINI OF THE DAY</p> <p>Tuna melt panini.</p>
<p>DESSERT</p> <p>Iced strawberry smoothie.</p>	<p>DESSERT</p> <p>Banana and raspberry muffin.</p>	<p>DESSERT</p> <p>Homemade trifle pots.</p>	<p>DESSERT</p> <p>Vanilla cake topped with icing and sprinkles.</p>	<p>DESSERT</p> <p>Lemon drizzle cake.</p>
<p>GRAB N' GO</p> <p>Chicken selects baguette.</p>	<p>GRAB N' GO</p> <p>Freshly baked sausage roll.</p>	<p>GRAB N' GO</p> <p>Chicken nugget wrap.</p>	<p>GRAB N' GO</p> <p>Freshly baked Cornish pasty.</p>	<p>GRAB N' GO</p> <p>Roasted red onion and BBQ chicken pizza slice.</p>

PASTA & RICE BAR Optional toppings available

Tomato and basil sauce - Bolognese sauce - Tomato and mascarpone sauce - Korma sauce (Mon only)
 Rogan josh sauce (Tue only) - Tikka masala sauce (Wed only) - Madras sauce (Thu only) - Katsu curry sauce (Fri only)

AVAILABLE DAILY

We serve a wide selection of homemade sandwiches, baguettes, wraps and boxed salads. We also have a selection of toppings available to accompany our jacket potatoes, a wide selection of sweet and savoury snacks. Plus our salad bar is always available to enable our students to make healthy choices.



WEEK 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MAINS</p> <p>Cumberland sausage ring served with creamy mashed potato, seasonal vegetables and gravy.</p>	<p>MAINS</p> <p>Stir fried noodles topped with Persian infused pork and accompanied by stir fried vegetables.</p>	<p>MAINS</p> <p>Roast chicken, Yorkshire pudding, stuffing, roast potatoes, seasonal vegetables and gravy.</p>	<p>MAINS</p> <p>Chicken tikka masala served with basmati rice and naan bread.</p>	<p>MAINS</p> <p>Battered fish served with chips and peas. Optional curry sauce available.</p>
<p>URBAN EATS</p> <p>Tandoori chicken wrap served with a mint yoghurt dressing and a side salad.</p>	<p>URBAN EATS</p> <p>Meat feast pizza slice served with an optional side salad and a roasted garlic mayonnaise.</p>	<p>URBAN EATS</p> <p>Burnt BBQ pork ends served in a deli bun with optional side salad and tomato chutney.</p>	<p>URBAN EATS</p> <p>Hot roast chicken served in a deli bun topped with stuffing and gravy.</p>	<p>URBAN EATS</p> <p>Homemade cheese and tomato quiche served with a side salad and coleslaw.</p>
<p>PANINI OF THE DAY</p> <p>Bacon and cheddar panini.</p>	<p>PANINI OF THE DAY</p> <p>Hunters chicken panini.</p>	<p>PANINI OF THE DAY</p> <p>Meatball and tomato sauce panini.</p>	<p>PANINI OF THE DAY</p> <p>Pulled pork panini.</p>	<p>PANINI OF THE DAY</p> <p>Cheese and red onion panini.</p>
<p>DESSERT</p> <p>Rice pudding and jam sauce.</p>	<p>DESSERT</p> <p>Dutch apple shortbread served with custard.</p>	<p>DESSERT</p> <p>Carrot cake topped with a cream cheese frosting.</p>	<p>DESSERT</p> <p>Pear and chocolate muffins.</p>	<p>DESSERT</p> <p>Frozen toffee yoghurt.</p>
<p>GRAB N' GO</p> <p>Chicken selects baguette.</p>	<p>GRAB N' GO</p> <p>Vegetable burger in a bun.</p>	<p>GRAB N' GO</p> <p>Oven baked sausage in a baguette topped with caramelised onion.</p>	<p>GRAB N' GO</p> <p>Southern fried chicken burger in a bun.</p>	<p>GRAB N' GO</p> <p>Pizza wrap.</p>

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WEEK 3

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<p>MAINS</p> <p>Chilli con arne served with braised rice and a side of nachos.</p>	<p>MAINS</p> <p>All day breakfast: Bacon, sausage, scrambled eggs, mushrooms, baked beans and hash browns.</p>	<p>MAINS</p> <p>Honey roasted gammon served with buttered new potatoes, sautéed greens and gravy.</p>	<p>MAINS</p> <p>Creamy cajun chicken and roasted pepper pasta bake served with garlic bread and a side salad.</p>	<p>MAINS</p> <p>Battered fish, chips and peas. Optional curry sauce available.</p>
<p>URBAN EATS</p> <p>Garlic and herb shawarma chicken slider. OptionalsSalad and sauces available.</p>	<p>URBAN EATS</p> <p>Fully loaded mac n' cheese topped with BBQ pulled pork.</p>	<p>URBAN EATS</p> <p>Stir fried noodles topped with salt and pepper chicken.</p>	<p>URBAN EATS</p> <p>Creamy garlic potatoes topped with shredded Southern fried chicken and crispy onions.</p>	<p>URBAN EATS</p> <p>Vegetable biryani. Optional curry sauce is available.</p>
<p>PANINI OF THE DAY</p> <p>Ham and cheese panini.</p>	<p>PANINI OF THE DAY</p> <p>Chicken and bacon panini.</p>	<p>PANINI OF THE DAY</p> <p>Tuna and spring onion panini.</p>	<p>PANINI OF THE DAY</p> <p>BBQ sausage panini.</p>	<p>PANINI OF THE DAY</p> <p>Cheese and tomato panini.</p>
<p>DESSERT</p> <p>Vanilla ice cream pots.</p>	<p>DESSERT</p> <p>Chocolate cake and chocolate custard.</p>	<p>DESSERT</p> <p>Vanilla sponge topped with sprinkles.</p>	<p>DESSERT</p> <p>Cornflake crunch served with custard.</p>	<p>DESSERT</p> <p>Beetroot and chocolate muffins.</p>
<p>GRAB N' GO</p> <p>Chicken selects baguette.</p>	<p>GRAB N' GO</p> <p>Beef burrito.</p>	<p>GRAB N' GO</p> <p>Chicken and ham slice.</p>	<p>GRAB N' GO</p> <p>Butchers cheese burger served in a bun.</p>	<p>GRAB N' GO</p> <p>Freshly baked sausage roll.</p>

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