



Tewkesbury
MENUS (SEP 2023)

BREAKFAST MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grab & Go	½ Breakfast Wrap - £0.60 Full breakfast Wrap - £1.10	½ Cheese Toastie – 70p Whole Cheese Toastie - £1.10	Bacon & Cheese Muffin- £1.63	½ Breakfast Wrap - £0.60 Full breakfast Wrap - £1.10	½ French Stick Pizza- 50p Full French Bread Pizza £1.00
Sweetness	Waffle- £0.80	Pancakes- £0.90	Oat & Cranberry Cookie- £0.80	Pretzel- £0.80	Waffle- £0.80
Quick Eats	Toasted Bagel with Butter £1.05	Cheese & Bean Muffin £1.00	Sausage Roll Vegan Roll £1.05	Toasted Cinnamon & Raisin Bagel with Butter £1.05	One Pot Breakfast £1.90
EARLY BIRD MEAL DEAL £0.50	Slice of White or Brown Toast with Juice Available from 8am – 8.40am				
Light Bites/Healthy Meal Deal- £1.00	Freshly Made Porridge with a Drink				
Topped Toast Meal Deal £1.00	Beans or Egg on Toast with a Drink				

ALLERGIES

Please speak to a member of our team if you have an allergy, and need to know what's in our food dishes so we can advise on your available choices

BREAK MENU

	MON	TUES	WED	THURS	FRI
Paninis Half- 95p £1.85	BBQ Chicken	Cheese & Ham	Cheese & Onion	Tuna & Cheese	Cheese & Tomato
Toasties ½- 70P Whole- £1.40	Ham & Cheese	Tuna & Cheese	Cheese & Tomato	BBQ Chicken	Cheese & Onion
Meat Pizza Meat Free Pizza	Margherita £1.30	Pepperoni Pizza Bagel £1.35	Margherita £1.30	Cheese & Tomato Swirls £1.30	Margherita £1.30
Bowl & Co	Ramen with Egg Noodles & Chicken £1.85	Cheesy Pasta £1.50	Ramen with Egg Noodles & Tofu £1.65	Tomato & Basil Pasta £1.50	Ramen with Egg Noodles & Tofu £1.65
Sweetness	Crumpet with Butter 75p	Pancakes x 2 90p	Waffle 80p	Pancakes x 2 90p	Waffle 80p

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WEEK ONE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN SMALL - £1.25 REGULAR -£2.12	Chicken Chow Mein	Chilli Con Carne & Rice	Roast Pork with Apple Sauce , Roast Potatoes, Vegetables & Gravy	Theme Meal Deal	Fish & Chips
MEAT FREE MAIN SMALL - £1.25 REGULAR £2.12	Cantonese Stir Fry	Vegetarian Chilli & Rice	Butternut Squash & Feta Taco	Theme Meal Deal	Battered Quorn Sausage & Chips
SWEETNESS 93p	Chocolate Cake & Custard	Apple Crumble & Custard	Lemon Drizzle Cake & Custard	Free with Theme	Rhubarb Crumble
BOWL & CO SMALL- £1.50 LARGE - £1.90	Tomato & Basil Pasta or Cheesy Pasta	Tomato & Basil Pasta or Cheesy Pasta	Tomato & Basil Pasta or Cheesy Pasta	Tomato & Basil Pasta or Cheesy Pasta	Tomato & Basil Pasta or Cheesy Pasta
QUICK EATS	Steak Slice £1.98 Cheese Slice £1.76 Pancakes 2 x 90p	Burgers £2.17 Garlic Bread 67p Waffles £1.45	Hot Wraps £2.20 Roast Bap £2.09 Hashbrowns 42p	BBQ Melts £2.12 Pancakes 2 x 90p Nachos £1.98	Sweet Corn 70p Chips 90p Waffles £1.45

AVAILABLE DAILY

Fresh Fruit & Salad
Freshly Made Baguettes & Sandwiches

CONCEPT THURSDAY

Hot Main Meal and Free Pudding
£2.50

MEAL DEALS- £2.50

Main Meal, Fruit, Traybake & Drink
Sandwich or Baguette or Quick Eats & Go, Fruit and a Drink

WEEK TWO MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN SMALL - £1.25 REGULAR -£2.12	Beef Burger & Wedges	Sweet Chilli Chicken Noodles	Roast Gammon Dinner	Theme Meal Deal	Fish & Chips
MEAT FREE MAIN SMALL - £1.25 REGULAR £2.12	Spiced Chickpea Burger & Wedges	Feta & Mediterranean Vegetable Flatbread	Root Vegetable & Chickpea Tagine	Theme Meal Deal	Spinach & Tomato Tart With Salad
SWEETNESS 93p	Chocolate Orange Sponge & Custard	Fruit Cobbler & Custard	Sticky Toffee Pudding & Custard	Free with Theme	Banana Loaf & Custard
BOWL & CO SMALL- £1.50 LARGE - £1.90	Tomato & Basil Pasta or Cheesy Pasta	Tomato & Basil Pasta or Cheesy Pasta	Tomato & Basil Pasta or Cheesy Pasta	Tomato & Basil Pasta or Cheesy Pasta	Tomato & Basil Pasta or Cheesy Pasta
QUICK EATS	Cheese Pizza £1.30 Pepperoni Pizza £1.30 Garlic Bread 67p	Cheese Panini £2.10 Chicken Bites £1.60 Pancakes 2 x 90p	Pulled Pork £2.00 Ham Melts £2.00 Waffles £1.45	Garlic Bread 67p Chicken Burger £2.03 Hashbrowns 42p	Sweet Corn 70p Chips 90p Waffles £1.45

AVAILABLE DAILY

Fresh Fruit & Salad
Freshly Made Baguettes & Sandwiches

ALLERGIES

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MEAL DEAL

Main Meal, Fruit, Traybake & Drink
Sandwich or Baguette or Quick Eats
Fruit, Traybake and a Drink

WEEK THREE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN SMALL - £1.25 REGULAR -£2.12	Toad In The Hole, New Potatoes, Vegetables & Gravy	Chicken Burrito	Pulled Roast Chicken & Stuffing With Vegetables, Roast Potatoes & Gravy	Theme Meal Deal	Fish & Chips
MEAT FREE MAIN SMALL - £1.25 REGULAR £2.12	Quorn Toad In The Hole, New Potatoes, Vegetables & Gravy	Vegetable Burrito	Falafel & Salad Pitta Breads	Theme Meal Deal	Sri Lankan Potato, Spinach & Chickpea Wrap
SWEETNESS 93p	Pineapple Upside-Down Cake & Custard	Jamaican Ginger Cake & Custard	Apple Cinnamon & Date Crumble & Custard	Free with Theme	Coconut Rice Pudding
BOWL & CO SMALL- £1.50 LARGE - £1.90	Tomato & Basil Pasta or Cheesy Pasta	Tomato & Basil Pasta or Cheesy Pasta	Tomato & Basil Pasta or Cheesy Pasta	Tomato & Basil Pasta or Cheesy Pasta	Tomato & Basil Pasta or Cheesy Pasta
QUICK EATS	Steak Slice £1.98 Cheese Slice £1.76 Pancakes 2 x 90p	Burgers £2.17 Garlic Bread 67p Waffles £1.45	Hot Wraps £2.20 Roast Bap £2.09 Hashbrowns 42p	BBQ Melts £2.12 Pancakes 2 x 90p Nachos £1.98	Sweet Corn 70p Chips 90p Waffles £1.45

AVAILABLE DAILY

Fresh Fruit & Salad
Freshly Made Baguettes & Sandwiches

ALLERGIES

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MEAL DEAL

Main Meal, Fruit, Traybake & Drink
Sandwich or Baguette or Quick Eats, Fruit, Traybake and a Drink
£2.50

Daily Concepts £2.00

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week One	Crispy Lemon & Herb Chicken Wrap with Piri Coleslaw	Chicken Flatbread Falafel & Tabouleh Mezze	Piri Piri Chicken Wrap with Slaw	Chicken Flatbread Falafel & Tabouleh Mezze	Lemon & Herb Pitta Pocket with Piri Coleslaw
Week Two	Sri Lankan Chicken Wrap Sri Lankan Potato, Spinach & Chick Pea Wrap with Red Cabbage Coleslaw	Fajita Chicken Shredded Taco Butternut Squash & feta Taco	Sri Lankan Chicken Wrap Sri Lankan Potato, Spinach & Chick Pea Wrap with Red Cabbage Coleslaw	Fajita Chicken Shredded Taco Butternut Squash & feta Taco	Sri Lankan Chicken Wrap Sri Lankan Potato, Spinach & Chick Pea Wrap with Red Cabbage Coleslaw
Week Three	Lemon & Herb or Piri Piri Chicken Wrap with Lemon & Herb Rice	Butter Chicken Curry with Lemon Rice	Lemon & Herb or Piri Piri Chicken Wrap with Lemon & Herb Rice	Butter Chicken Curry with Lemon Rice	Lemon & Herb or Piri Piri Chicken Wrap with Lemon & Herb Rice

AVAILABLE DAILY

Fresh Fruit & Salad
Freshly Made Baguettes & Sandwiches

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MEAL DEAL

Concept, Fruit, Traybake & a Drink
£2.50

SIXTH FORM MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Paninis £1.85	BBQ Chicken Vegan Cheese	Ham & Cheese Cheese & Tomato	Tuna & Cheese Cheese & Red Onion	Tikka Chicken & Cheese Cheese & Onion	Ham & Cheese Cheese & Tomato
Pizza	Pepperoni Pizza £1.35 Margherita Pizza £1.30	Pepperoni Pizza Bagel £1.35 Cheese & Tomato Pizza Bagel £1.30	Pepperoni Pizza £1.35 Margherita Pizza £1.30	Pepperoni Pizza £1.35 Cheese & Tomato Swirls £1.30	Pepperoni Pizza £1.35 Margherita Pizza £1.30
Hot Quick Eats	Cheeseburger £2.00 Veggie Burger £2.00	Ramen with Egg Noodles & Chicken or Tofu £1.85	Chicken Yorky Wrap £2.00 Mushroom Yorky Wrap £2.00	Chicken or Vegetarian Katsu with Rice £2.25	Southern Fried Chicken Goujons or Vegetable Samosa & Chips £2.25

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