

# The SOCIAL

by *sodexo*\*

Main Meal and Dessert	£2.40	Milk-	
Main Meal without Dessert	£1.85	Calypso 185ml	£0.50
Hot Dessert only	£0.82	Calypso 330ml	£0.83
		Water – 330ml	£0.70
Jacket Potato Plain	£0.82	Water - 500ml	£0.85
Jacket with 1 topping	£1.39		
#GO		Smoothie	
Sandwich Meal deal	£2.40	Suso	£1.13
Deli			
Tugo Pizza		The Juice	£0.77
Luxury		Rapidz	£0.87
		Calypso Juice Shots	£0.31

## Sandwiches, Baguettes, etc.

Just Sandwich /Roll from	£1.45
Classic Sandwich	£1.55

Just Baguette	£1.85
Standard Baguettes	£2.00
Premium Baguettes	£2.20

Subs	£1.60
Bagels	£1.55
Wraps	£1.45
Whole Panini	£1.85
Bacon Rolls	£1.20
Bacon Petite Pan	£0.60

## Salads & Fruit

Plain Mixed Salad Pot	£0.70
Salad Pot with Protein	£1.50

Fresh Fruit Salad small pot	£0.85
Flavoured Yoghurt Pots	£0.85
Fresh Fruit	£0.40
Dessert Pots	£0.85

## Snacking Items

Pizza/Cheese & Tomato	£1.03
Pizza plus protein slice	£1.10
Homemade Cakes	£0.83
Homemade Cookies	£0.62
Chicken fillet Burger	£1.45
Beef Burger Plain	£1.45
Hotdog	£1.15
Muffin Pizza	£1.00
Cheesy Naan	£1.00
Pastry Puffs	£1.15
Sausage Rolls	£1.15
French Stick Pizza	£1.15
Potato Pots	£0.55

## Grated Cheese – 2oz portion

Baked Beans	£0.55
Sauce Sachets	£0.15
Soup & Roll	£1.10
Freshly Made Rolls	£0.60

**MONDAY**

Spiced Jerk Chicken Thigh  
with Rice & Peas

**TUESDAY**

Pork Sausages in  
Red Onion Gravy

**WEDNESDAY**

Roast Chicken Leg, Roast  
Beef or Roast Turkey

**THURSDAY**

Really Sticky Pork Ribs  
with Savoury Rice

**FRIDAY**

Oven Baked Pollock   
Freshly Battered Hoki

Fish Fingers

Rich Tomato Pasta Sauce  
with Fusilli and Parsley &  
Garlic Bread

Glamorgan Vegetarian  
Sausage with Creamy  
Mashed Potato

Roast Quorn Fillet with Gravy  
a choice of Salads

Quorn Burger with  
a choice of Salads

Spicy Bean Burger with  
Oven Baked Chips

Jacket Potatoes with a  
selection of fillings

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selection of fillings

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selection of fillings

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selection of fillings

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selection of fillings

Fruity Feast Flapjack

Carrot and Apple Muffin

Pineapple Upside Down Cake

Chocolate Cornflake Crunch

Neapolitan Ice Cream Slice  
with Fresh Fruit Topping

A selection of potatoes and vegetables, salads, filled jacket potatoes, hot snacks, pizza, snack pots, dessert pots, fresh fruit, milk and cold drinks available daily

**WEEK 3**

Cert.No.MEP-C-089

## This Week's Menu

### MONDAY

Chilli Con Carne with Braised  
Rice or Baked Taco Shell

### TUESDAY

Cottage Pie with Gravy

### WEDNESDAY

Roast Chicken Leg, Roast  
Beef or Roast Turkey

### THURSDAY

Spaghetti Bolognaisse with  
Garlic Flatbread

### FRIDAY

Oven Baked Pollock   
Freshly Battered Hoki  
Fish Fingers

Pumpkin, Chilli & Cinnamon  
Risotto with Roquette

BBQ Pulled Quorn  
Bruschetta

Roast Quorn Fillet with Gravy

Three Bean Chilli with  
Braised Rice

Vegetarian Pizza Calzone  
with Oven Baked Chips

Jacket Potatoes with a  
selection of fillings

Jacket Potatoes with a  
selection of fillings

Jacket Potatoes with a  
selection of fillings

Jacket Potatoes with a  
selection of fillings

Jacket Potatoes with a  
selection of fillings

Fresh Chocolate Sponge with  
Chocolate Sauce

Oven Baked Apple with  
Custard Sauce

Apricot Shortbread Crunch

Banoffee Crumble with  
Custard Sauce

Apple and Rhubarb  
Fruit Plait

A selection of potatoes and vegetables, salads, filled jacket potatoes, hot snacks, pizza, snack pots, dessert pots, fresh fruit, milk and cold drinks available daily


### WEEK 2

## This Week's Menu



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## This Week's Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Curry Bar</b> with Chicken and Quorn Jalfrezi, Rogan Josh and Chicken Korma</p>	<p>Traditional Lasagne with Garlic Flatbread</p>	<p>Roast Chicken Leg, Roast Beef or Roast Turkey</p>	<p>Cajun Spiced Chicken Fajita with Green Salad and Coleslaw</p>	<p>Oven Baked Pollock  Freshly Battered Hoki Grilled</p>
<p>Butternut Squash &amp; Butterbean Pasta Sauce with Tagliatelle</p>	<p>Yardbird Southern Fried Chicken Quorn Fillet with Tomato Salsa</p>	<p>Roast Quorn Fillet with Gravy</p>	<p>Vegetable &amp; Bean Champ Cottage Pie</p>	<p>Spiced Falafel with Yoghurt and Pitta Bread</p>
<p>Jacket Potatoes with a selection of fillings</p>	<p>Jacket Potatoes with a selection of fillings</p>	<p>Jacket Potatoes with a selection of fillings</p>	<p>Jacket Potatoes with a selection of fillings</p>	<p>Jacket Potatoes with a selection of fillings</p>
<p>Apple &amp; Cinnamon Crumble with Custard</p>	<p>Fresh Chocolate Sponge with Chocolate Sauce</p>	<p>Raspberry Jelly Pot with Fresh Fruit Topping</p>	<p>Fresh Treacle Sponge</p>	<p>A choice of Vanilla or Strawberry Ice Cream</p>

A selection of potatoes and vegetables, salads, filled jacket potatoes, hot snacks, pizza, snack pots, dessert pots, fresh fruit, milk and cold drinks available daily

### WEEK 1



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