

## Secondary Menu

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Selection of toast, crumpets, cereal, fruit, hot and cold drinks				
<b>MID MORNING BREAK</b>	Bacon Sandwiches/Rolls, Toast, Crumpets, Bagels, Toasties, Teacakes, Stuffed breads* Yogurts, Fruit, Cheese Bakes and a selection of baguettes, sandwiches or wraps *Stuffed breads are a selection of home-made bread rolls baked with a choice of cheese, ham, vegetables, chicken, sauces and/or herbs and spices				
<b>MAIN</b>	Corned Beef Pie Mashed Potatoes Peas & Cauliflower Gravy	Lamb Tikka Peas Rice & Chips	Roast Beef Roast & Mashed potato Yorkshire pudding cauliflower/carrots with Gravy	Hunters Chicken Savoury Rice Roasted Mediterranean Veg	<i>Harry Ramsden's</i> World Famous Fish & Chips Harry Ramsdens Fish & Chips Baked Beans Or Peas
<b>Dessert of the day</b>	Homemade Cookie	Fruit Sundae	Fairy Cake	Fruit Crumble & Custard	Ice Cream Cone
<b>Vegetarian</b>	Cauliflower & Broccoli Cheese Bake Peas/ Beans	Potato & Spinach Tikka Peas Rice & Chips	Quorn Sausage Dinner	Cheese & Vegetable Pie Peas & Carrots Mashed Potato	Sausage Roll Peas or Baked Beans Chips
<b>More Options</b>	Fish Goujons Mashed Potatoes Peas & Cauliflower Parsley Sauce	Chicken Balls Savoury Rice & Chips Sweet & Sour Sauce	Beef Noodles Oriental Vegetables	Shepherd's Pie Peas & Carrots Gravy	Cheesy Potato Bake Baked Beans or Peas
<b>Deal of the Day £1.50</b>	Fish Goujons In a Wrap With Salad	Chicken Ball Wrap Chip Shop Specials Chips & Gravy/Curry Lamb Tikka Pitta	Hot Beef & Gravy Baguette	Hunter's Chicken Bap	Chip Shop Specials Chips & Gravy/Curry
<b>£1.10 Deal</b>	Corned Beef Slice	Bacon Roll	Soup & Roll	Fish Finger Sub	Beans on Toast
<b>Grab &amp; Go - Cold Selection</b>					
Selection of baguettes, sandwiches, wraps with: Tuna Mayo, Chicken, Chicken & Bacon, Chinese Chicken, Cheese, Ham or Turkey, Sweet Chilli Chicken or BBQ Chicken Seasonal Salad, Cold Pasta and Rice dishes available everyday, Salmon baguettes and sandwiches available every Wednesday					
<b>Grab &amp; Go - Hot Selection</b>					
<b>Pizza</b>	Selection of pizzas including 7inch individuals and pizza baguettes				
<b>Jacket Potato</b>	Cheese / Beans / Tuna / Curry / Chicken Mayo / Sweet Chilli Chicken / Chicken & Bacon / Chicken Tikka				
<b>Pasta Bar</b>	A selection of hot and cold pasta dishes				
<b>Curry Bar</b>	Selection of homemade curries served with brown rice or simply wedges				
<b>Sub Central bar</b>	A selection of warm meat and vegetarian fillings served with salad in a sub roll				
<b>The Bakery</b>	Chocolate or Oat Cookie, Blueberry Mini Muffin, Selection of Cupcakes, Fruity or Coco Flapjacks, Chocolate Brownie, Scones, Stuffed breads, Quiches, Quorn Puffs and Cheese wheels				
**A selection of bread, fruit and salad is presented on our serving counter each day.**					
<b>Subject to availability</b>					

**COMMENCING:**  
10th September 2018 - July 2019

[www.rctcbc.gov.uk/catering](http://www.rctcbc.gov.uk/catering)

