

Saint Thomas More Menu Week 1

	Main One £1.70 (Inc. Sides) Meal Deal £2.22 (Inc. Sides, Main, Drink & Dessert)	Main One £1.70 (Inc. Sides) Meal Deal £2.22 (Inc. Sides, Main, Drink & Dessert)	Main One £1.70 (Inc. Sides) Meal Deal £2.22 (Inc. Sides, Main, Drink & Dessert)
Monday	Sweet Chilli Chicken Noodles with wholegrain Rice and Sweet Chilli Broccoli 	Vegan Chow Main (V) with sweet Chilli Broccoli	Beef Lasagne with Garlic Bread & Peas
Tuesday	Beef Burger with Baked Garlic & Herb Potato Wedges & Coleslaw	Feta & Beetroot Burger with Baked Garlic & Herb Potato Wedges & Coleslaw	Spicy Chicken Pitta with Chilli Sauce Tomato Rice & crunchy Raw Salad
Wednesday	Roast Chicken, Roast Potatoes & Gravy, Carrots & Cabbage	Vegetable Pastry Slice, Roast Potatoes & Gravy Carrots & Cabbage (V) 	Chipotle Chicken Burrito with Sweetcorn 
Thursday	Chicken Tikka Masala with Wholegrain Rice & Sweetcorn	Yellow Vegetable Curry (V) with Wholegrain Rice & Sweetcorn	Love Joe's Wrap Bar
Friday	Battered Fish & Chips with Peas & Baked Beans 	Vegetarian Sausage Roll, Chips & Peas & Baked Beans 	Veggie Hot One Pizza






Saint Thomas More Menu Week 2

	Main One £1.70 (Inc. Sides) Meal Deal £2.22 (Inc. Sides, Main, Drink & Dessert)	Main One £1.70 (Inc. Sides) Meal Deal £2.22 (Inc. Sides, Main, Drink & Dessert)	Main One £1.70 (Inc. Sides) Meal Deal £2.22 (Inc. Sides, Main, Drink & Dessert)
Monday	Pulled Beef Burrito with Sweetcorn	Vegan Burrito (V) with Sweetcorn 	Topped Mac N Cheese (BBQ Chicken, Cajun Chicken, Cajun Pulled Pork or crispy Cauliflower)
Tuesday	Cajun Chicken Sandwich or Chicken with a choice of sauces with Chipotle Wedges and Corn Slaw	Blackeye Bean Veggie Burger with Chipotle Wedges and Corn Slaw 	Chicken Chow Main With Stir Fired Vegetables
Wednesday	Roast Gammon Roast Potatoes & Gravy Carrots & Cabbage	Cheesy Veg Pie Roast Potatoes & Gravy Carrots & Cabbage	New York Quorn Dog with Paprika Wedges & Apple Slaw
Thursday	Thai Red Chicken Curry with Wholegrain Rice and Lime spices Sweetcorn	Vegan Thai Red Vegetable Curry (V) and Wholegrain Rice and Lime Spiced Sweetcorn	Love Joe's Wrap Bar
Friday	Battered Fish & Chips with Peas & Baked Beans	Cheese & Onion Past ,Chips & Peas & Baked Beans 	Herby Tomato Pasta with Mixed Salad

Saint Thomas More Menu Week 3

	Main One £1.70 (Inc. Sides) Meal Deal £2.22 (Inc. Sides, Main, Drink & Dessert)	Main One £1.70 (Inc. Sides) Meal Deal £2.22 (Inc. Sides, Main, Drink & Dessert)	Main One £1.70 (Inc. Sides) Meal Deal £2.22 (Inc. Sides, Main, Drink & Dessert)
Monday	Chipotle Chicken soft Taco with Mexican Yellow Rice & Sweetcorn 	Vegetarian Lasagne with Garlic Bread & Herb Wedges & Coleslaw	Veg Ball Marinara Sub Roll with Mixed Side Salad
Tuesday	Chicken Burger with Portuguese Sauces Fajita Wedges & Coleslaw	The Incredible Vegan Burger (V) Fajita Wedges & Coleslaw	Sweet Chilli chicken Noodles with stir fried Veg 
Wednesday	Roast Pork with Stuffing & Apple Sauce with Roast Potatoes & Gravy Carrots & Cabbage	Sweet Potato & Chickpea Roast with Roast Potatoes & Gravy Carrots & Cabbage	Whole wheat Pasta with a choice of Herby Tomato Sauce or Carbonara
Thursday	Traditional Lasagne Served with Garlic Bread & Mixed Salad	Vegetarian Lasagne Served with Garlic Bread & Mixed Salad 	Love Joe's Wrap Bar
Friday	Battered Fish & Chips with Peas & Baked Beans	Vegetarian Sausage Roll, Chips & Peas & Baked Beans	Margarita Pizza

Saint Thomas More Dessert Menu - 3 Week Cycle

	£0.85 Or as Part of the Meal Deal Week 1	££0.85 Or as Part of the Meal Deal Week 2	£0.85 Or as Part of the Meal Deal Week 3
Monday	Chocolate Slice	Apple & Blackberry Pie served with Custard	Peaches with Homemade Granola & Yoghurt 
Tuesday	Apple Cracknell Served with Custard	Banana Marble Cake	Baked Orange & Vanilla Rice Pudding
Wednesday	Banana & Berry Cobbler Served with Custard 	Lemon Drizzle Cake	Raspberry Yoghurt Cake
Thursday	Secret Brownies	Carrot & Banana Slice	Vanilla & Blueberry Blondie
Friday	Pear Upside Cake 	Peach Shortcake Crumble 	Fruit Slice 

Weekly Salad Bar Core Items

	Monday	Tuesday	Wednesday	Thursday	Friday
A choice of Healthy pre-made & boxed or Pot Salads £1.60 Protein Pot £0.35	Egg Shaker Salad Ham Hock Slaw & Tomato Salad Jerk Chicken Salad	Coronation Chicken Tuna Sweetcorn Rice Pot Cheese Salad	Chicken Pasta Salad 5 Bean Shaker Pot Tuna Sweetcorn Pasta salad	Chicken Tikka & Rice Shaker Pot Ham Hock Slaw & Tomato Salad Cheese Salad	Cheese salad Salmon Mayo Salad 5 Bean Salad
Create your own Salad £1.60 Protein Pot £0.35 Cheese or Tuna	Tomato, Onion, Cucumber, Beetroot, Lettuce, Potato Salad, Slaw, Peppers, Pasta, or 5 Bean	Tomato, Onion, Cucumber, Beetroot, Lettuce, Potato Salad, Slaw, Peppers, Pasta, or 5 Bean	Tomato, Onion, Cucumber, Beetroot, Lettuce, Potato Salad, Slaw, Peppers, Pasta, or 5 Bean	Tomato, Onion, Cucumber, Beetroot, Lettuce, Potato Salad, Slaw, Peppers, Pasta, or 5 Bean	Tomato, Onion, Cucumber, Beetroot, Lettuce, Potato Salad, Slaw, Peppers, Pasta, or 5 Bean

Saint Thomas More Breakfast

Monday	Weetabix Turkey Bacon Bap Yoghurt & Fruit Dippers Selection of Seasonal Fruit Toast with Egg or Beans	£0.75 £1.45 £0.70 £0.30 £0.75	
Tuesday	Cornflakes Veggie Breakfast Wrap Yoghurt & Fruit Dippers Selection of Seasonal Fruit Toast	£0.75 £1.35 £0.70 £0.30 £0.28	
Wednesday	Super Fruity Porridge Two crumpets with Cheese Yoghurt & Fruit Dippers Selection of Seasonal Fruit Toast	£0.75 £1.45 £0.70 £0.30 £0.28	
Thursday	Shredded Wheat Bites Bacon Roll Yoghurt & Fruit Dippers Selection of Seasonal Fruit Toast	£0.75 £1.15 £0.70 £0.30 £0.28	
Friday	Cornflakes Margaretta Pizza Yoghurt & Fruit Dippers Selection of Seasonal Fruit Toast	£0.75 £1.40 £0.70 £0.30 £0.28	

Grab & GO Core Items

	Monday	Tuesday	Wednesday	Thursday	Friday
Must Cook	<p>Pasta Bar £1.75 Plain £1.10 Carbonara Bolognese Herby Tomato</p> <p>A selection of your favourite sandwich Fillings on wholemeal Bread From £1.05</p> <p>Jacket Potato with a choice of toppings Hot & Cold From £1.00 plain Homemade Soup of the Day £0.55</p>	<p>Pizza Bar £1.40 Cajun Chicken Sizzler Mushroom & Sweetcorn Margherita</p> <p>A selection of your favourite sandwich Fillings on wholemeal Bread From £1.05</p> <p>Jacket Potato with a choice of toppings Hot & Cold From £1.00 plain Homemade Soup of the Day £0.55</p>	<p>Steak Slice Cheese & Onion Slice From £0.65</p> <p>A selection of your favourite sandwich Fillings on wholemeal Bread From £1.05</p> <p>Jacket Potato with a choice of toppings Hot & Cold From £1.00 plain Homemade Soup of the Day £0.55</p>	<p>Love Joe's Wrap Bar £1.85</p> <p>A selection of your favourite sandwich Fillings on wholemeal Bread From £1.05</p> <p>Jacket Potato with a choice of toppings Hot & Cold From £1.00 plain Homemade Soup of the Day £0.55</p>	<p>Sub Bar Chicken Teriyaki Veg Meatball Marinara Ham & Cheese Melt From £1.80</p> <p>A selection of your favourite sandwich Fillings on wholemeal Bread From £1.05</p> <p>Jacket Potato with a choice of toppings Hot & Cold From £1.00 plain Homemade Soup of the Day £0.55</p>
Add On's	<p>Baked Garlic & Herb Potato Wedges £0.40 Mixed Side Salad £0.35</p>	<p>Fajita Potato Wedges £0.40 Mixed Side Salad £0.35</p>	<p>Baked Garlic & Herb Potato Wedges £0.40 Mixed Side Salad £0.35</p>	<p>Cajun Potato Wedges £0.40 Mixed Side Salad £0.35</p>	<p>Baked Garlic & Herb Potato Wedges £0.40 Mixed Side Salad £0.35</p>

MMB

	Monday	Tuesday	Wednesday	Thursday	Friday
Must Cook	Turkey & Bacon Bagel £1.45 Bircher Muesli Chocolate & Orange £0.75 Crudité with Humous £0.75 Toast With Egg or Beans £0.75 Seasonal Fruit Pot £0.70 Homemade Soup £0.55	Breakfast Wrap £1.35 Seasonal Fruit Pot £0.70 Crudité with Humous £0.75 Toasted Tea Cake £0.40 Vegan Sausage Roll £1.05 Cheese & Onion Pasty £1.30 Homemade Soup £0.55	Bacon & Egg English Muffin £1.45 Porridge –£0.75 Banana Topper Crudité with Humous £0.75 Toasted Cinnamon & Raisin Bagel with spread Half £0.55 Full £0.90 Seasonal Fruit Pot £0.70 Homemade Soup £0.55	Bacon Roll £1.15 Bircher Muesli Chocolate & Orange £0.75 Crudité with Humous £0.75 Toasted Tea Cake £0.40 Seasonal Fruit Pot £0.70 Vegan Sausage Roll £1.05 Cheese & Onion Pasty £1.30 Homemade Soup £0.55	Quorn Pattie, Cheese & Egg English Muffin £1.45 Porridge – £0.70 Apricot Topper Crudité with Humous £0.75 Cheese & Tomato Sauce Panini £2.15 Toasted Cinnamon & Raisin Bagel with spread Half £0.55 Full £0.90 Homemade Soup £0.55
Add On's	Baked Garlic & Herb Potato Wedges £0.40 Mixed Side Salad £0.35	Fajita Potato Wedges £0.40 Mixed Side Salad £0.35	Baked Garlic & Herb Potato Wedges £0.40 Mixed Side Salad £0.35	Cajun Potato Wedges £0.40 Mixed Side Salad £0.35	Baked Garlic & Herb Potato Wedges £0.40 Mixed Side Salad £0.35

Saint Thomas More TARIFF

BREAKFAST

Toast	£0.28
Cheese on Toast	£0.75
Breakfast Cereal	£0.75
Breakfast Wrap	£1.35
Toasted Muffin	£0.75
Beans on Toast	£0.75
Sausage & Egg Muffin (V)	£1.45
Porridge	£0.75
Yoghurt	£0.70
Bacon Roll	£1.15
Fruit Pot	£0.70
Focaccia Pizza	£1.35
Fresh Fruit	£0.35
Butter Portion	£0.10
Croissant	£1.25
Sausage Sandwich	£1.50
Crumpet	£0.40
Toasted Teacake	£0.40

FOOD TO GO

Stone Baked Margherita Pizza	£1.40
Stone Baked Chef's Pizza of the Day	£1.40
Jacket Potato & Beans	£1.55
Jacket Potato & Cheese	£1.55
Jacket Potato & Tuna Mayo	£1.75
Jacket Potato & Choice of 2 fillings	£1.80
Boxed Salads from	£1.60
Sandwiches from	£1.05
Baguettes from	£1.95
Hot Baguettes from	£1.95
Sub Rolls from	£1.40
Toasties from	£1.55
Paninis (V)	£2.15
Paninis (Meat)	£2.15
Cold Wraps from	£1.60
Hot Wraps from	£1.85
Vegan Sausage Roll	£1.05
Classic Sausage Roll	£1.05
Cheese & Onion Pasty (Small)	£0.65
Steak Pasty	£1.75
Burger	£1.80
Plain Pasta	£1.10
Pasta Pot & Sauce	£1.75

LUNCH

Main Meal Deal	£2.22
Including Main, Sides, Dessert & Drink – Drinks & Dessert included will be Highlighted with a Sticker	
Main Meal	£1.70
Hot Dessert	£0.85
Custard	£0.30
Vegetable Portion	£0.40
Potato Portion	£0.50
Chips	£1.35

DESSERTS

Oat Cookie	£0.85
Chocolate Brownie	£0.85
Fruit Flapjack	£0.85
Traditional Flapjack	£0.85
Fresh Fruit Pot	£0.70
Muffins	£0.85
Traybakes	£0.85
Yoghurt	£0.65
Fresh Fruit	£0.35
Iced Finger	£0.85
Fruit Pot	£0.70
Mousse	£0.80
Jelly Pot	£0.80

COLD DRINKS

Small Water	£0.40
Juice Shot	£0.30
Radnor Fizz	£0.85
Radnor Carton	£0.65
Water 500ml	£0.50
Juice Burst	£1.05
Viva Milkshake	£0.70
Capri Sun	£0.80
Pure Juice	£0.60
Milk Carton	£0.35
Jelly Squeeze	£0.85
Cuplet	£0.40