

Mid Morning Break Menu

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetarian Sandwich £1.00	Free Range Egg Mayo and Cress Sandwich V	Free Range Egg Mayo and Cress Sandwich V	Free Range Egg Mayo and Cress Sandwich V	Free Range Egg Mayo and Cress Sandwich V	Free Range Egg Mayo and Cress Sandwich V
Meat & Fish Sandwich £1.20	Shaved Ham Salad on Bloomer Tune & Cucumber on Bloomer	Shaved Ham Salad on Bloomer Tune & Cucumber on Bloomer	Shaved Ham Salad on Bloomer Tune & Cucumber on Bloomer	Mature Cheddar and Tomato Floured Bap V Tuna and Cucumber on Bloomer	Shaved Ham Salad on Bloomer Tune & Cucumber on Bloomer
Baguette £1.50	Tuna Mayonnaise and Sweetcorn	BLT	Grilled Chicken Salad	Prawn Cocktail	Chicken and Sweetcorn
Toasted Sandwich £1.60	Mature Cheddar and Caramelised Red Onion Ciabatta V	Roasted Vegetable and Goats Cheese Ciabatta V	BBQ Chicken Ciabatta	Croque Monsieur (Ham, Cheese and Mustard Mayo)	Mozzarella, Pesto and Sun Dried Tomato Ciabatta V
Wraps & Bagels £1.60	Chicken Caesar Wrap	Duck and Hoi sin Wrap	Onion Bhaji, Mint Raitha and Mango Chutney in a Spinach Wrap V	Sweet Chilli Chicken Wrap	Smoked Salmon and Cream Cheese Bagel
Panini £1.60	Pizza Melt V Ham, Cheese and Tomato Sauce	Tuna and Sweetcorn Melt Cheesy Bean V	Bacon, Tomato Sauce and Mozzarella Pizza Melt V	Ham, Cheese, Tomato with Lee and Perrins Cheesy Bean V	Pizza Melt V Tuna and Sweetcorn Melt
Chef's Sandwich of the Day From £1.50	What is Today's Sandwich Special?	What is Today's Sandwich Special?	What is Today's Sandwich Special?	What is Today's Sandwich Special?	What is Today's Sandwich Special?
Deli to Go Salad Box £1.50	Waldorf Salad with Crispy Bacon	Sweet Chilli Chicken and Noodles	Prawn Pasta Layer	Crispy Duck and Noodles	Pasta with Tomato and Basil Chicken
Premium Deli Box £1.75	Grilled Chicken and Red Pepper Skewer Flaked Tuna	Pot of Prawns Mature Cheddar and Cherry Tomato V	Wafer Ham and Pineapple Sweet Chilli Chicken Skewer	Honey Glazed Chicken Roasted Vegetables V	Crispy Bacon and Boiled Egg
Tray Bakes and Bars £0.70	Banana and Yoghurt Muesli Bar Mandarin Crumble Muffin	Chocolate and Beetroot Brownie Blueberry Muffin	Caramelised Pineapple Muffin Jammy Dodgers	Raspberry and Coconut Muesli Victoria Sponge Cupcakes	Very Berry Muffin Strawberry Sponge Tray Bake



All of our foods are prepared in an environment where nuts and other food allergens are present. If you have any special dietary requirements, please speak to our Executive Chef who will be happy to find something suitable. Sorry, but we have to charge VAT for all non students.

Mid Morning Break Menu

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetarian Sandwich £1.00	Free Range Egg Mayo and Cress Sandwich V	Cheddar Cheese with Pickle Sandwich V	Free Range Egg Mayo and Cress Sandwich V	Cheddar Cheese with Tomato Sandwich V	Free Range Egg Mayo and Cress Sandwich V
Meat & Fish Sandwich £1.20	Shaved Ham Salad on Bloomer Tune & Cucumber on Bloomer	Shaved Ham Salad on Bloomer Tune & Cucumber on Bloomer	Shaved Ham Salad on Bloomer Tune & Cucumber on Bloomer	Mature Cheddar and Tomato Floured Bap V Tuna and Cucumber on Bloomer	Shaved Ham Salad on Bloomer Tune & Cucumber on Bloomer
Baguette £1.50	Mature Cheddar with Salad Cream and Chives V	BLT	Tuna Mayonnaise and Sweetcorn	Prawn Cocktail	Chicken Salad with Sweet Chilli Mayo
Toasted Sandwich £1.60	Bacon Mozzarella and Tomato Ciabatta	Mature Cheddar and Caramelised Red Onion Ciabatta V	Mature Cheddar, Wafer Ham and Branston Ciabatta	BBQ Chicken	Mozzarella, Pesto and Sundried Tomato Ciabatta V
Wraps & Bagels £1.60	Chicken Fajita Wrap	Triple Decker Chicken Salad with Salad Cream	Onion Bhaji, Mint Raitha and Mango Chutney in a Spinach Wrap V	Duck and Hoi sin Wrap	Chicken Caesar Wrap
Panini £1.60	Tuna and Sweetcorn Melt Pizza Melt V	Sweet Chilli Chicken Cheesy Bean V	Pizza Melt V Bacon, Tomato Sauce and Mozzarella	Ham, Cheese and Tomato with Lee and Perrins Cheesy Bean V	Pizza Melt V Tuna and Sweetcorn Melt
Chef's Sandwich of the Day From £1.50	What is Today's Sandwich Special?	What is Today's Sandwich Special?	What is Today's Sandwich Special?	What is Today's Sandwich Special?	What is Today's Sandwich Special?
Deli to Go Salad Box £1.50	Prawn Pasta Layer	Sweet Chilli Chicken and Noodles	Pesto Pasta with Spinach, Tomato and Goats Cheese V	Crispy Duck and Noodles	Honey and Mustard Chicken with Cous Cous
Premium Deli Box £1.75	Grilled Chicken and Red Pepper Skewer Flaked Tuna	Pot of Prawns Mature Cheddar and Cherry Tomato V	Wafer Ham and Pineapple Sweet Chilli Chicken Skewer	Honey Glazed Chicken Roasted Vegetables V	Crispy Bacon and Boiled Egg
Tray Bakes and Bars £0.70	Lemon and Gingernut Cupcakes Banana and Yoghurt Muesli Bar	Raspberry Shortbread Fingers Mandarin Crumble Muffin	Jammy Dodger Chocolate and Beetroot Brownie	Victoria Sponge Cupcake Gingerbread People	Very Berry Muffin Strawberry Muesli Bar



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