

WEEK 4

CLASSIC FAVOURITES MONDAY

Eastern TUESDAY

Great British WEDNESDAY

All American THURSDAY

FISH CHIP FRIDAY

MAIN £1.90	Classic Beef Lasagne (2,4,7,9) Garden Peas and New Potatoes	Chicken Korma (7,9) Wholegrain Rice & Mini Naan (2)	Pork Chop or Roast Chicken Yorkshire Pudding (2,4,7), Carrots Peas, Crushed Roasted New Potatoes & Gravy	Beef 'n' Cheese Burger (2,7,13) Baked Wedges and Beans	Oven Baked Battered Fish (2,4,5,7) Chips and Baked Beans/Peas
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MEAL DEAL £2.36 - MAIN OR VEGGIE WITH PUD & 50p DRINK + FREE SALAD

VEGGIE £1.90	Vegetable Lasagne (2,4,7,9) ✓ Garden Peas and New Potatoes	Vegetable Curry (9,10) Wholegrain Rice & Mini Naan (2) ✓	Vegetable Tortilla (4,7) Crushed New Roasted Potatoes & Carrots/Peas ✓	Loaded Vegetable Quorn Chilli with Nachos (2) VEGAN ✓	Cheese & Onion Pasty (2,4,7) Chips & Salad ✓
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FUSION £1.90	Tomato & Herb Pasta (2) ✓ Cheesy Pasta Pot (2,7)	Tomato & Herb Pasta (2) ✓ Chilli Beef Rice Pot (2)	Tomato & Herb Pasta (2) ✓ Beef Bolognese Pasta Pot (2)	Tomato & Herb Pasta (2) ✓ Spicy Sausage Pasta Pot (2,13)	Tomato & Herb Pasta (2) ✓ Chicken Meatball Pasta Pot (2)
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STREET	See Street Food Tariff and notice boards for todays offers and information.	See Street Food Tariff and notice boards for todays offers and information.	See Street Food Tariff and notice boards for todays offers and information.	See Street Food Tariff and notice boards for todays offers and information.	See Street Food Tariff and notice boards for todays offers and information.
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DELI 2GO	Assorted Freshly Made Baguettes, Wraps & Sandwiches (see packaging for allergens)	Assorted Freshly Made Baguettes, Wraps & Sandwiches (see packaging for allergens)	Assorted Freshly Made Baguettes, Wraps & Sandwiches (see packaging for allergens)	Assorted Freshly Made Baguettes, Wraps & Sandwiches (see packaging for allergens)	Assorted Freshly Made Baguettes, Wraps & Sandwiches (see packaging for allergens)
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THE PUD £0.65	Ice Cream Pot (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Apple Crumble (2,4,7) & Custard Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Vanilla Sponge & Custard (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Assorted Mixed Cookies (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly	Beetroot and Chocolate Muffin (2,4,7) Fruit Mousse (7), Fresh Fruit, Grape Pots Or Jelly
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Rev Sept 2019

Milk, Juices, Waters, Yoghurt, Fresh Fruit, Sandwiches and other healthy snacks are available from our chillers hot counters or outlets daily and all subject to availability.

our Kitchen good food's what we do

amey

CHILDREN'S FOOD TRUST Eat Better Do Better

ANY ALLERGEN CONCERNS - PLEASE SPEAK TO THE CATERING MANAGER

ALLERGEN KEY

1 Celery 2 Cereals containing Gluten 3 Crustaceans 4 Eggs 5 Fish 6 Lupin 7 Milk 8 Molluscs 9 Mustard 10 Nuts 11 Peanuts 12 Sesame 13 Soya 14 Sulphur Dioxide

WE ONLY SERVE FOOD WE WOULD BE HAPPY TO BE SERVED OURSELVES. MOST OF OUR MEAT IS RED TRACTOR ACCREDITED AND BRITISH, OUR EGGS AND MAYO ARE FREE RANGE, OUR FISH IS CAUGHT FROM SUSTAINABLE STOCKS. TO FURTHER REDUCE THE FOOD MILES, AMEY'S AIM IS TO PROCURE OUR INGREDIENTS FROM ONE SUPPLIER THAT SOURCE AS LOCAL AS POSSIBLE. HOWEVER SOURCING THESE GREAT INGREDIENTS AND PRODUCING GREAT TASTING FOOD CAN ONLY BE BROUGHT TOGETHER BY OUR SKILLED AND TRAINED TEAMS. ALL OF OUR FOOD IS PRODUCED IN AN ENVIRONMENT WHERE NUTS AND OTHER FOOD ALLERGENS ARE PRESENT, IF YOU HAVE A DIETARY REQUIREMENTS, PLEASE SPEAK TO ONE OF OUR TEAM WHO WILL BE HAPPY TO HELP TO FIND SOMETHING SUITABLE. ALL