



TMWS FOOD MENU



| Week 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------|-----------------------------|----------------------------------|-------------------------------|---|-----------------------------------|
| Main Course | Beefburger in a bun £1.30 | BBQ chicken wrap GF £1.95 | Roast turkey £1.70 | Ham & cheese pasta £1.50 | Fish finger £0.40 |
| V: Vegetarian | Cottage pie GF £1.50 | Sausage roll £0.85 | Sausage GF £0.40 | Pizza margherita slab V £1.30 | Chicken korma £1.50 |
| GF: Gluten Free * | Cheese Pasta V £1.40 | Tomato pasta bake V £1.40 | Veggie lasagna V £1.40 | Chicken fillet in a bun GF £1.70 | |
| Carbohydrates | Potato wedges £1.40 | Hash browns £0.40 | Roast potatoes £1.40 | Potato wedges £1.40 | Chips £1.40 |
| | Baked beans £0.85 | Baked beans £0.85 | Mashed potatoes £0.65 | | Baked beans £0.85 |
| | | | Yorkshire pudding £0.40 | | Naan bread £0.60 |
| | | | | | Rice £0.60 |
| Vegetables | Peas Free | Sweetcorn Free | Cauliflower Free | Peas Free | |
| | Carrots | Broccoli | Carrots | Carrots | |
| Desserts | Fruit £0.40 | Fruit £0.40 | Fruit £0.40 | Fruit £0.40 | Fruit £0.40 |
| | Yoghurt £0.75 | Yoghurt £0.75 | Yoghurt £0.75 | Yoghurt £1.55 | Yoghurt £0.75 |
| | Chocolate crackle £0.85 | Iced chocolate sponge £0.85 | Apple crumble £0.85 | Muffin £0.75 | Hungarian chocolate biscuit £0.85 |
| | Flapjack £0.85 | Muffin £0.85 | Melting moments £0.85 | Chocolate crackle £0.85 | Steamed syrup sponge £0.85 |
| | Custard £0.15 | Oaty biscuits £0.85 | Iced cornflake special £0.85 | Wellington fudge £0.85 | Muffin £0.85 |
| | | Custard £0.15 | Custard £0.15 | Custard £0.85 | Custard £0.15 |
| | | | | £0.15 | |

*Gluten free options need to be ordered at morning break



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| Week 2 | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--|--|-------|--------------------------------|-------|----------------------|-------|------------------------------------|-------|-------------------------------|-------|
| Main Course V: Vegetarian GF: Gluten Free * | Shepherds pie GF | £1.50 | Pork meatballs in tomato sauce | £1.50 | Steak Pie | £1.50 | Meatballs in tomato sauce | £1.50 | Fish cake | £0.75 |
| | BBQ chicken goujons in a bun GF | £1.50 | Veggie burger | £1.30 | Sausage roll | £0.85 | BBQ pulled pork in a bun GF | £1.95 | Chicken tikka curry GF | £1.50 |
| | Pasta Neapolitan V | £1.40 | Macaroni cheese V | £1.40 | Sweet & sour noodles | £1.30 | Margherita pizza V | £1.30 | | |
| Carbohydrates | Potato wedges | £1.40 | Hash browns | £0.45 | Roast potatoes | £1.40 | Potato wedges | £1.40 | Chips | £1.40 |
| | | | Pasta | £0.80 | Mashed potatoes | £0.65 | Pasta | £0.80 | Rice | £0.60 |
| | | | Baked beans | £0.85 | Yorkshire pudding | £0.50 | | | Naan bread | £0.60 |
| | | | | | Baked beans | £0.85 | | | Baked beans | £0.85 |
| Vegetables | Peas | Free | Sweetcorn | Free | Peas | Free | Mixed veg | Free | | |
| | Cauliflower | | Carrots | | Broccoli | | Cauliflower | | | |
| Desserts | Fruit | £0.40 | Fruit | £0.40 | Fruit | £0.40 | Fruit | £0.40 | Fruit | £0.40 |
| | Yoghurt | £0.75 | Yoghurt | £0.75 | Yoghurt | £1.55 | Yoghurt | £1.55 | Yoghurt | £0.75 |
| | Iced cornflake special | £0.85 | Oaty biscuits | £0.85 | Flapjack | £0.75 | Shortcake | £0.75 | Hungarian biscuit | £0.85 |
| | Iced sponge | £0.85 | Chocolate crackle | £0.85 | Chocolate crunch | £0.85 | Chocolate crackle | £0.85 | Muffin | £0.85 |
| | Scones | £0.85 | Custard | £0.15 | Melting moments | £0.85 | Custard | £0.85 | Steamed jam sponge | £0.85 |
| | Custard | £0.15 | | | Custard | £0.85 | | £0.15 | Custard | £0.15 |

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| Week 3 | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--------------------------|------------------------|-------|--|-------|-----------------------------|-------|---------------------------------|-------|-------------------------|-------|
| Main Course | Sausage | £0.40 | BBQ chicken goujons in a bun GF | £1.50 | Chicken & pepperoni pasta | £1.50 | Chicken fajita GF | £1.50 | Fillet of fish | £0.75 |
| V: Vegetarian | Beef lasagne | £1.50 | Ham & tomato pasta | £1.50 | Roast pork GF | £1.70 | Fishwich in a bun | £1.30 | Chicken korma GF | £1.50 |
| GF: Gluten Free * | Cheese pasta V | £1.40 | Cauliflower cheese V | £1.30 | Roast pork baguette (½) | £1.10 | Minced beef bolognaise | £1.50 | | |
| | | | | | Veggie sausage V | £1.30 | Veggie burger in a bun V | | | |
| Carbohydrates | Mashed potato | £0.65 | Potato wedges | £1.40 | Roast potato | £1.40 | Potato wedges | £1.40 | Chips | £1.40 |
| | Yorkshire pudding | £0.40 | Baked beans | £0.85 | Yorkshire pudding | £0.40 | Pasta | £0.85 | Baked beans | £0.75 |
| | | | | | | | | | Naan bread | £0.60 |
| | | | | | | | | | Rice | £0.60 |
| Vegetables | Peas | Free | Mixed veg | Free | Carrots | Free | Sweetcorn | Free | | |
| | Carrots | | Broccoli | | Peas | | Broccoli | | | |
| Desserts | Fruit | £0.40 | Fruit | £0.40 | Fruit | £0.40 | Fruit | £0.40 | Fruit | £0.40 |
| | Yoghurt | £0.75 | Yoghurt | £0.75 | Yoghurt | £0.75 | Yoghurt | £1.55 | Yoghurt | £0.75 |
| | Iced cornflake special | £0.85 | Chocolate crackle | £0.85 | Muffin | £0.85 | Flapjack | £0.75 | Steamed syrup sponge | £0.85 |
| | Bakewell tart | £0.85 | Melting moments | £0.85 | Steamed chocolate sponge | £0.85 | Chocolate crackle | £0.85 | Oaty biscuits | £0.85 |
| | Custard | £0.15 | Custard | £0.15 | Hungarian chocolate biscuit | £0.85 | Custard | £0.85 | Chocolate crunch | £0.85 |
| | | | | | Cornflour shorties | £0.85 | | £0.15 | Custard | £0.15 |
| | | | | | Custard | £0.15 | | | | |

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| Break Time | | Sundries | |
|------------------------|-------------|--------------------------------|-------|
| Bacon sandwich | £1.30 | Margarine | £0.10 |
| Panini V | £1.20 | Mayonnaise | £0.10 |
| Pizza slice V | £1.40 | Tomato ketchup | £0.10 |
| Toast | £0.40 | Drinks | |
| Toasted bagel | £0.65 | Bottled water 500ml | £0.75 |
| Sandwiches | | Bottled water 330ml | £0.60 |
| Group A | £1.60 | Radnor aqua fizz 330ml | £0.85 |
| Group B | £1.75—£2.00 | Radnor flavoured water 500ml | £0.95 |
| Group C | £2.20 | Milkshake (banana, strawberry, | £0.70 |
| Jacket potatoes | | Fresh milk 350ml | £0.70 |
| Potato | £0.95 | Fresh apple juice | £0.65 |
| Cheese | £0.85 | Fresh orange juice | £0.65 |
| Coleslaw | £0.85 | Water from dispenser | Free |
| Baked beans | £0.85 | Salad boxes | |
| Desserts | | Plain salad | £0.75 |
| Fruit salad pots | £1.55 | Tuna | £1.00 |
| | | Cheese | £0.85 |
| | | Coleslaw | £0.85 |

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