




SANDWICHZONE

Sandwiches, Breads, Potatoes and Cereals should form 33% of your overall diet.

Ref: Aug 2011

FRESH SANDWICHES <i>on wholemeal white or brown bread</i> 	Staff Price	Pupil Price
STANDARD RANGE		
Scottish Cheddar (V)	£1.32	£1.10
Tuna in Light Mayonnaise	£1.32	£1.10
Honey Roast Ham	£1.32	£1.10
Roast Turkey Breast	£1.32	£1.10
Egg Mayonnaise & Cress (V)	£1.32	£1.10
Hummus & Roasted Vegetables (V)	£1.32	£1.10
SELECT RANGE		
Scottish Cheddar Salad (V)	£1.56	£1.30
Honey Roast Ham Salad	£1.56	£1.30
Turkey Breast Salad	£1.56	£1.30
Tuna Crunch > <i>Tuna in Light Salsa Mayonnaise, Red Onion & Iceberg Lettuce</i>	£1.56	£1.30
Tuna in Light Mayonnaise Salad	£1.56	£1.30
Egg Mayonnaise, Bacon & Cracked Black Pepper	£1.56	£1.30
LUXURY RANGE		
Chicken in Light Mayonnaise 	£1.80	£1.50
Chicken in Light Sweet Chilli Mayonnaise with Iceberg Lettuce 	£1.80	£1.50
Chicken & Mango in Light Mayonnaise 	£1.80	£1.50
Smoked Salmon & Philadelphia Light Cream Cheese	£1.80	£1.50
Roast Beef with Stilton Mayonnaise & Iceberg Lettuce	£1.80	£1.50
TORTILLA WRAPS <i>(all include shredded iceberg lettuce)</i>		
Southern Fried Chicken with Sweet Chilli Sauce 	£1.80	£1.50
Caesar Salad 	£1.80	£1.50
Roast Shredded Duck in Hoi Sin Sauce	£1.80	£1.50
Hummus & Roasted Vegetables (V)	£1.80	£1.50

MAIN MEALS <i>Ref: August 2011</i>			Staff Price	Pupil Price
Soup of the Day			77p	64p
Dinner Roll			40p	32p
Traditional Main Meal Selection	See menu		£1.80	£1.50
Vegetarian Main Meal Selection	See menu		£1.68	£1.40
Snack Meal Selection	See menu		£1.68	£1.40
Vegetable Portions (various)			51p	42p
Baked Beans			51p	42p
Potato Portions			51p	42p
Jacket Potato Wedges			£1.16	96p
Sweet of the Day			£1.02	85p
Fruit Yoghurt and Fruit Jelly Pots			70p	58p
Pastazone Selections (including sauce)			£1.68	£1.40
Plain Pasta Portion (no sauce)			72p	60p
Baked Potato & Filling of the Day			£1.80	£1.50
Baked Potato & Butter			£1.08	90p
BAKERY PRICE LIST				
Morning Roll			27p	22p
Morning Roll & Butter			34p	28p
Biscuits and cakes should be eaten in moderation				
Individual Chocolate Biscuits			33p	27p
Jaffa Cake Pack (3)			59p	49p
All Go Ahead Slices/Breaks			59p	49p
Kellog's Rice Krispies Squares			59p	49p
Shortbread Twin Pack			59p	49p
Cake 1 Selection				
Fruit Scone, Flora & Jam			77p	64p
Yum Yums			77p	64p
Choc Dips			77p	64p
Caramel Cups			77p	64p
Cake 2 Selection				
Caramel Shortcake			89p	74p
Toffee Snap Cake			89p	74p
Grand Canyon Chocolate Fudge Cake			89p	74p
Carrot Cake/Lemon Cake/Banana Cake			89p	74p
Empire Biscuits			89p	74p
Cake 3 Selection				
Grand XL Giant Cookies			£1.06	88p

BEVERAGES

Ref: Aug 2011

HOT BEVERAGES	Staff Price	Pupil Price
Kenco Medium Roast & Decaffeinated	63p	52p
Kenco Cappuccino, Hot Chocolate & Espresso	69p	57p
PG Fresh Tea, Echinacea & Raspberry Tea	53p	44p
COLD BEVERAGES		
250ml Semi Skimmed Milk Cartons	45p	37p
Milk Shake Cartons	67p	56p
Pennine Still Water 330ml	65p	54p
Pennine Still Water 500ml	72p	60p
Global Ethics > One Water Still 500ml	80p	66p
Really Wild Cans 250ml	75p	62p
Caprisun 100% & (no added sugar) Sachets	67p	56p
Faurtrade Juice Cartons	65p	54p
Ribena Light, Rubicon Juices & 5 Alive Cartons	78p	65p
Robinsons Fruit Shoot & H2O 300 ml Bottles (all flavours)	89p	74p
Liptons Ice Tea & Caprisun Fruit Rush	£1.10	92p
Drench Bottles/Oasis Bottles 500ml	£1.20	£1.00
St Clements Orange, Apple Juices & Smoothies	£1.20	£1.00
OJ Fresh Orange or Apple Juice Bottles	£1.20	£1.00

FOOD 2 GO (Friday's only) <i>This section is available on Friday's only</i>	Staff Price	Pupil Price
2 oz Beef Burger Bun	£1.13	94p
2 oz Cheese Burger Bun	£1.37	£1.14
Halal Chicken Fillet Burger in Maize Bun	£1.68	£1.40
Quarter Pounder Vegetable Burger	£1.68	£1.40
Westler's Hot Dog Roll	£1.02	85p
Regular French Fries	£1.16	96p
DAILY BREAKFAST SERVICE		
Bacon Roll	£1.20	£1.00
Sausage Roll	£1.08	90p
Croissant/Butter/Jam or Pain au Chocolat	89p	74p
Easiyo Natural & Muller Yoghurt Pots	70p	58p
Breakfast Cereal Packet	58p	48p
Breakfast Cereal Pkt & ½ pt Semi Skimmed Milk	94p	78p
Porridge Oats Bowl	94p	78p
Fresh Fruit – Apples, Oranges, Satsumas etc.	39p	32p
Fresh Fruit – Bananas & Tropical Fruits	46p	38p
Large Fruit Boxes	£1.14	95p
Small Fruit Bag (Apple & Grapes)	63p	52p



SUBZONE & SALADZONE

Salad and Pasta Box Selections

Ref: Aug 2011



SUBZONE SELECTIONS		Staff Price	Pupil Price
<i>On white or brown sub roll</i> Made to Order > choose your fillings from the list below		£1.80	£1.50
Tuna in Light Mayonnaise		£1.80	£1.50
Wafer Thin Roast Ham		£1.80	£1.50
Wafer Thin Turkey Breast		£1.80	£1.50
Scottish Grated Cheddar (low fat)		£1.80	£1.50
Chicken filling of the Day 		£1.80	£1.50
Coleslaw in Light Mayonnaise		-	-
Iceberg Lettuce, Sliced Tomato or Cucumber		-	-
Sliced Red Onion		-	-
Sliced Mixed Peppers		-	-
Hot filling of the Day (see menu)		£1.80	£1.50
PASTA BOX SELECTIONS			
Pasta with Tuna, Sweetcorn and Spring Onion in Light Mayonnaise		£1.62	£1.35
Pasta with Honey, Mustard, Chicken & Red Onion		£1.62	£1.35
Pasta with Pepperoni in a Spicy Arrabbiata Sauce		£1.62	£1.35
Pasta with Coronation Chicken		£1.62	£1.35
Pasta with Roast Butternut Squash & Roasted Pepper in a light yoghurt & Herb Dressing (V)		£1.62	£1.35
Pasta with Sun-dried Tomatoes, Pesto and Pine Nuts (V) >>>contains nuts!<<<		£1.62	£1.35
SALAD & FRESH FRUIT BOX SELECTIONS			
Caesar Chicken Salad		£1.74	£1.45
Roast Chicken Salad with Light Mayonnaise Pot		£1.74	£1.45
Crayfish & Sweet Pepper Salad with Marie Rose Sauce		£1.74	£1.45
Individual Pots > Tuna Light Mayonnaise or Low Fat Cheddar		60p	50p
Easiyo Natural Yoghurt & Muller Tubs		70p	58p
Fresh Melon Slices & Grapes Fruit Box (V)		£1.14	95p
Fresh Pineapple, Orange & Strawberries (V)		£1.14	95p
Small Fruit Bag (Apple & Grapes) (V)		63p	52p

(V) = Suitable for Vegetarian. The above selections may vary.

TORTILLA WRAPS SELECTION



TORTILLA PRICE LIST Ref: Jan 2011		Staff Price	Pupil Price
Mexican Chicken Tortilla in a Wrap (Red Wrapper)		1.80	1.50p
Chicken Tikka Masala in a Wrap (Blue Wrapper)		1.80	1.50p
Chicken in Light Korma in a Wrap (Yellow Wrapper)		1.80	1.50p
Roasted Vegetable & Mozzarella Wrap (Green Wrapper)		1.80	1.50p

