

BCBC MAIN MEAL MENU

	Week 1	Week 2	Week 3
Monday	Beef Burritos Sweet Potato & Spinach Curry Wholegrain Vegetable Rice or Potato Wedges Garden Salad, Broccoli & Sweetcorn Fresh Fruit Salad or Fruit Yoghurt	Loaded Vegetable Pizza Sweet and Sour Vegetables Noodles or Diced Potatoes Stir-Fry Vegetables, Garden Peas & Green Salad Apple Crumble & Custard	Beef Bolognese Falafel Burger Jacket Potato or Pasta Garden Peas, Sweetcorn & Salad Fresh Fruit Salad or Fruit Yoghurt
Tuesday	Chicken, Ham & Leek Pie Vegetable Sausages Boiled Potato Chunky Coleslaw, Mixed Salad & Green Beans Banana Topped Pancakes	Broccoli Mac & Cheese Southern Style Vegetable Burger Potato Wedges or Jacket Potato Rainbow Coleslaw, Sweetcorn & Salad Fruit Yoghurt or Fresh Fruit	Tuna & Cheese Melt Broccoli & Tomato Pasta Herby Diced Potatoes or Jacket Potato Country Mixed Vegetables & Coleslaw Chocolate Orange Sponge Slice
Wednesday	Roast Prk & Stuffing & Apple Sauce Vegetable and Lentil Cottage Pie Creamed Potatoes Cabbage, Carrots & Cauliflower Fruit Yoghurt or Fresh Fruit	Roast Chicken & Stuffing Garden Vegetable Pie Boiled Potatoes Green Cabbage, Carrots & Swede Chocolate Brownie with Apple Slices	Roast Turkey & Stuffing Vegetable Sausages Boild Potatoes Garden Peas, Broccoli & Carrots Fruit Yoghurt or Fresh Fruit
Thursday	Cheese & Potato Pie, Bacon & Baked Beans Vegetable Plant Balls in Tomato Sauce Pasta Broccoli & Garden Peas & Country Vegetables Raspberry & Peach Swirl Sponge & Custard	Oven Baked Sausages with Yorkshire Pudding Quorn Fillet Creamed Potatoes Broccoli, Green Beans & Carrots Fresh Fruit Salad or Fruit Yoghurt	Savoury Meatballs in Tomato Sauce Vegetable Fajita Pasta or Savoury Rice Mini Corn Cobs, Garden Peas & Salad Tropical Rice Pudding
Friday	Fish Fillet in a Bun Quorn Dippers Jacket Potato or Chipped Potatoes Garden Salad, Mini Corn Cobs & Green Beans Fresh Fruit Wedges or Fruit Yoghurt	Chicken Tikka Vegetarian Hotdog Vegetable Rice or Chipped Potatoes Sweetcorn Kernels, Broccoli & Salad Banoffee Cupcake	Battered Fish Fillet Cauliflower and Red Pepper Curry Chipped Potatoes or Vegetable Rice Broccoli, Coleslaw & Salad Fresh Fruit Wedges or Fruit Yoghurt

Pricing:

Main Meal - £2.20

Main Meal & Dessert - £2.80

Main Meal Portion - £1.80

Dessert of the Day - 90p

BREAKFAST

Cereal with Milk - 70p	Toast - 35p
Fresh Fruit - 55p	Milk (1 pint) - £1.00
Bottled Water - 55p	



BREAK

Baguette (Hot) - £1.85	Toasted Sandwich - £1.65	Burritos - £1.
Panini - £1.80	Toast Slice - 35p	Cheese on Toast Slice - £1.05
Toasted Bagel - £1.00	Filled Bagel (hot) - £1.60	Fresh Fruit - 55p
Buttermilk Pancakes - 80p	Welshcake - 55p	Crumpet - 60p
Cake (Muffin, Flapjack, Sponge) - 90p		

DRINKS (BREAK & LUNCH)



Milk (1 pint) - £1.00	Bottled Water - 55p
Hot Drinks - 80p	Flavour Shot - 40p
Radnor Fizz (330ml) - 80p	Viva Milkshake - 80p
Sparkling Fruit Juice (Grapetizer, Peartizer, Appletizer) - £1.10	

LUNCH - LITE BITES

Baguette (Hot) - £1.85	Panini - £1.80	Hot Filled Tortillas - £1.65
Jacket Potato - £1.20	Jacket Potato & Filling - £1.85	Pizza Slice - £1.30
French Bread Pizza - £1.30	Filled Bagel (hot) - £1.60	Fresh Fruit - 55p
Fresh Fruit Salad - £1.00	Cake (Muffin, Flapjack, Sponge) - 90p	Mini Dessert Selection - 60p



LUNCH - SALAD BAR

Salad Main Meal - £2.20	Salad Main Meal & Dessert - £2.80	Baguette (pre-ordered) - £1.85
Sandwich / Tortilla (pre-ordered) - £1.65	Jacket Potato - £1.20	Jacket Potato & Filling - £1.85
Salad Portion - 70p	Pasta / Salad Pot - £1.40	Fresh Fruit - 55p
Yoghurt - 55p		Fresh Fruit Salad - £1.00