



BGN Menu Week One 1 Sept/21 Sept/12 Oct

Day	Option 1	Option 2	Grab and Go	Morning Break	Drinks
Monday	Pork Sausages, Spicy Potato Wedges and Baked Beans	Veggie Sausage, Spicy Wedges and Baked Beans	Pasta and noodle bar Jacket potato and toppings	Freshly baked pizza slice Bacon rolls Sausage baps	Water Flavoured water Flavoured milk Juice
Tuesday	Mexican Chilli Beef and Tortilla Stack with Fajita Spiced Roasted Veggies	Macaroni Cheese, Roasted Summer Veggies and Garlic Bread	Salad Bar Freshly made baguettes, sandwiches and wraps	Panini Bagel melts Hash browns	
Wednesday	Southern Fried Chicken Burger & Curly Fries	Vegetable Burger and Curly Fries	Yoghurts Fresh fruit	Pizzini Sausage rolls	
Thursday	Roast pork with roast potatoes, stuffing and seasonal vegetables	Cheese & Potato Pie, roast potatoes & seasonal vegetables	Fruit pots A selection of home baking	Cheesy nachos Waffles Fish finger sandwich	
Friday	Battered white fish or breaded scampi with chunky chips, peas or baked beans	Cheese & Onion Pasty with chunky chips, peas or baked beans		Hot veggie burger Southern fried chicken burger Selection of croissants and pastries baked fresh each day <i>[A selection of the above will be available]</i>	

- ⓧ Allergens are clearly displayed in the canteen and updated daily for each item served
- ⓧ Break meal deal consists of a hot or cold sandwich, fruit or yoghurt, and a drink
- ⓧ Lunch meal deal consists of a main meal/pasta pot with fruit or yoghurt or home baking

BGN Menu Week Two 7 Sept/28 Sept/19 Oct

Day	Option 1	Option 2	Grab and Go	Morning Break	Drinks
Monday	Beef Byriani, Spiced Roast Vegetables & Mango Chutney	Mediterranean Tart with Roasted Garden Vegetables	Pasta and noodle bar Jacket potato and toppings	Freshly baked pizza slice Bacon rolls Sausage baps	Water Flavoured water Flavoured milk Juice
Tuesday	Chicken Shawarma Flatbread, Coleslaw and Corn on the Cob	Vegetable Shawarma Flatbread, Coleslaw and Corn on the Cob	Salad Bar Freshly made baguettes, sandwiches and wraps	Panini Bagel melts Hash browns	
Wednesday	Loaded Chilli Beef Nachos	Savoury Vegetable Chow Mein	Yoghurts Fresh fruit	Pizzini Sausage rolls Cheesy nachos	
Thursday	Roast turkey, roast potatoes, stuffing, Yorkshire Pudding, seasonal vegetables & gravy	Cauliflower Cheese, Roast Potatoes, Seasonal Vegetables and Gravy	Fruit pots A selection of home baking	Waffles Fish finger sandwich Hot veggie burger Southern fried chicken burger	
Friday	Battered white fish or breaded scampi with chunky chips, peas or baked beans	Vegetable nuggets with chunky chips, peas or baked beans		Selection of croissants and pastries baked fresh each day <i>[A selection of the above will be available]</i>	

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BGN Menu Week Three 14 Sept/5 Oct

Day	Option 1	Option 2	Grab and Go	Morning Break	Drinks
Monday	Chicken Katsu Curry, Rice and Cumin Spiced Green Beans	Quorn Fillet Katsu Curry, Rice and Cumin Spiced Green Beans	Pasta and noodle bar Jacket potato and toppings	Freshly baked pizza slice Bacon rolls Sausage baps	Water Flavoured water Flavoured milk Juice
Tuesday	Sweet & Sour Pork with Noodles and Stir Fried Vegetables	Stuffed Peppers and Stir Fried Vegetables	Salad Bar Freshly made baguettes, sandwiches and wraps	Panini Bagel melts Hash browns	
Wednesday	Cheeseburger or Beefburger with Curly Fries	Quorn and Vegetable Wraps with Curly Fries	Yoghurts Fresh fruit Fruit pots	Pizzini Sausage rolls Cheesy nachos	
Thursday	Roast gammon with crispy roast potatoes, Yorkshire pudding & seasonal vegetables	Cauliflower Cheese, roast potatoes & seasonal vegetables	A selection of home baking	Waffles Fish finger sandwich Hot veggie burger Southern fried chicken burger	
Friday	Battered white fish or breaded scampi with chunky chips, peas or baked beans	Vegetarian Sausage Roll with chunky chips, peas or baked beans Vegetable Curry & Rice		Selection of croissants and pastries baked fresh each day <i>[A selection of the above will be available]</i>	

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