

bon appetit

NHS Menu



Wraps

- ♥ Ham & Cheese
- ♥ Breakfast
- ♥ Chicken Tikka
- ♥ BBQ Chicken
- ♥ Jerk Chicken

Paninis

- ♥ Ham & Cheese
- ♥ Chicken & Bacon
- ♥ Tuna Melt
- ♥ Meatball Sub
- ♥ Cheese & Tomato

Burgers & Sides

- ♥ Cheese Burger
- ♥ Spicy Potato Wedges
- ♥ Chicken Nuggets

Healthier choice defined as a portion which does not exceed one third of the recommended daily allowance of calories, fat, saturates, sugar or salt



Healthier Choice Meals

- ♥ Macaroni Cheese
- ♥ Penne Pasta in Tomato Sauce
- ♥ Creamy Vegetable Pasta
- ♥ Beef Bolognese
- ♥ Vegetable Biryani
- ♥ Bangers & Mash with Onion Gravy

Weight Watchers Meals

- ♥ Chicken & Lemon Risotto
- ♥ Beef Lasagne
- ♥ Salmon & Broccoli Wedge Melt
- ♥ Chicken Tikka Masala & Rice
- ♥ Sweet & Sour Chicken and Rice

Vegan Meals

- ♥ Vegetable Curry & Rice
- ♥ Thai Vegetable Curry & Rice
- ♥ Vegetable Chilli & Rice

All our meals are handmade

Breakfast Range

- ♥ Bacon & Egg Muffin
- ♥ Sausage & Egg Muffin
- ♥ Egg & Cheese Muffin
- ♥ Sausage Butty
- ♥ Bacon Butty
- ♥ Breakfast Wrap

Pastry Slices

- Sausage Roll
- Peppered Steak Slice
- ♥ Chicken & Ham Slice
- ♥ Cheese & Onion Slice
- ♥ Creamy Vegetable Slice
- Jerk Chicken Pattie

Ice Creams

- Magnums & Cornettos
- ♥ Vegan Magnums & Cornettos

♥	= Healthier Choice
♥	= Vegetarian
GLUTEN FREE	= Gluten Free
DAIRY FREE	= Dairy Free
VEGAN	= Vegan

