

You will be able to buy a full and balanced meal for under £2.50p

Example Meals:

2 x Chicken Drumsticks + Rice + Unlimited Portions of Vegetable + Fruit Salad = £2.45p

Beef Lasagne + Mixed Salad + Pudding + Fruit Juice Carton = £2.50p

Pot of Pasta with Nutritious Sauce + Cheese Filling + Bottled Water = £2.50p

**Meat Based Main Meal -  
£1.00**

**Examples include:**

Beef Lasagne  
Stuffed Chicken Breasts  
Lamb Curry  
Pork Kofte  
Hong Kong Sweet and Sour Chicken  
Prawn Curry  
Jerk Chicken  
Breaded Haddock

**Vegetarian Main Meal -  
90p**

**Examples include:**

Parmigiana di Melanzane  
Lentil Stew  
Three Bean Casserole  
Chickpea Chana Masala  
Macaroni Cheese  
Thai Green Vegetable Curry  
Tomato Pasta Bake  
Spinach and Ricotta Cannelloni

**Vegetarian Sides -  
Unlimited- 40p**

**Examples include:**

Garlic Green Beans  
Braised Sweet Potato  
Sautéed Peas  
Corn on the Cob  
Baked Beans  
Carrot and Swede  
Kale

**Dessert Options -  
50p - 60p**

**Examples include:**

Fruit Salad  
Carrot Cake  
Strawberry and Banana Smoothie  
Pineapple Granita

**Other Meal Choices**

**Examples include:**

Chicken Drumsticks	£0.50
Smartfood Pasta Pots	£1.60
Salad Bar Pot	£1.60
Hot Wraps	£1.40
Sandwiches	£1.00-£1.40

**Drinks and Chiller prices**

**Examples include:**

Bottled Water	£0.50
Cartons	£0.60
Flavoured Water	£0.70
Canned Fruit Drinks	£0.70
Yoghurt	£0.45

**Starchy Sides - 45p**

**Examples include:**

Plain Pasta  
Plain/Buttered Rice  
Vegetable Fried Rice  
Cous Cous  
Honey-Glazed Parsnips

All Potato Options are 50p  
(e.g jacket potato, chips[once a week], mash, new potatoes)