

EAT SMART

| | Students | Staff | | Student | Staff |
|--|----------|-------|---|---------|-------|
| Fuel Your Day Your Way | | | Salads | | |
| Fruit Pots | £1.16 | £1.47 | Tuna & Sweetcorn Pasta Salad | £2.37 | £2.95 |
| Melon Pots | £1.16 | £1.47 | Margherita Pasta Salad | £2.10 | £2.79 |
| Yoghurt Plain or Flavoured/Fruit Purees | £1.15 | £1.45 | Five Bean & Spiced Lentil Salad (Vg) | £2.21 | £2.79 |
| Yoghurt Pots with Granola /Fruit Compote | £1.20 | £1.50 | Cheese/Tuna/Meat with Chopped Salad | £2.37 | £2.97 |
| Cereals & Milk | £1.25 | £1.55 | Meat/Fish/Egg with Chopped Salad | £2.37 | £2.97 |
| Beans on Toast | £1.05 | £1.25 | Sandwiches | | |
| Hummus Pots Pitta Crisp/Veg Sticks | £1.16 | £1.45 | Filled Bread | £1.95 | £2.36 |
| 50% Breakfast Muffins & Traybakes | £1.10 | £1.52 | Filled Gyros | £2.42 | £2.94 |
| ½ Toasted Muffin | 63p | 79p | Wraps (Cold) | £2.10 | £2.63 |
| ½ Toasted Crumpet | 53p | 68p | Wraps (Hot) | £2.21 | £2.68 |
| ½ Toasted Teacake | 53p | 68p | Baguettes (Cold) | £2.21 | £2.73 |
| ½ Toasted Bagel | 53p | 68p | Baked Italian Soft Breads | £2.42 | £2.94 |
| ½ Toasted Filled Bagel | £1.05 | £1.30 | Ham & Cheese Toastie Half | £1.95 | £2.36 |
| Breakfast Pizza Slice | £1.37 | £1.63 | Cheese & Tomato Toastie Half | £1.95 | £2.36 |
| Breakfast Pizza Wrap | £1.32 | £1.68 | Puddings & Treats | | |
| Cheese & Bean Wrap | £1.42 | £1.74 | Hot Sweet of the Day with Custard | 95p | £1.15 |
| Cheese on Toast or Pizza Toast | £1.05 | £1.31 | Jelly Pots | 68p | 85p |
| Vegan Sausage Roll (Once Per Week) | £1.50 | £1.89 | Cookies | 68p | 85p |
| Sausage Roll (Once Per Week) | £1.37 | £1.68 | Muffins/ Traybakes / Cake Slices | £1.00 | £1.25 |
| Bacon Sandwich | £1.58 | £1.89 | 50% Fruit Muffins / Traybake | £1.10 | £1.52 |
| Veggie Sausage Sandwich | £1.58 | £1.89 | Cheesecake | £1.05 | £1.30 |
| Toasted Bacon Cheese Muffin | £1.65 | £2.06 | Instant Delight | £1.05 | £1.30 |
| Toast & Spread | 33p | 42p | Fresh Fruit | 63p | 75p |
| Toast Jam & Spread | 37p | 47p | Fruit Pots | £1.16 | £1.40 |
| Sauce Portion | 16p | 26p | Croissant | £1.05 | £1.25 |
| Lunch | | | Iced Fingers | 89p | £1.10 |
| Pizza Slice | £1.40 | £1.70 | Hydration | | |
| Large Pizza Slice | £1.95 | £2.42 | Harrogate Water 500ml | £1.00 | £1.21 |
| Jacket Potato & Side Salad | £1.42 | £1.73 | Fresh Ice-Cold Milk 250ml | 63p | 84p |
| Jacket Potato with 1 Filling & Salad | £2.00 | £2.26 | Meal Deals (All Come with Fresh Fruit, Jelly, or Cookie or Traybake) | | |
| Jacket Potato Cheese & Beans | £2.36 | £3.05 | Main Meals | £3.00 | £3.60 |
| Jacket Potato Topped with Main Dish | £2.36 | £3.05 | Hot Pasta Dish of the Day | £3.00 | £3.60 |
| Jacket Potato with Tuna & Salad | £2.35 | £2.90 | Baguette (Cold) | £3.00 | £3.60 |
| Extra Jacket Fillings | 63p | 79p | Baked Italian Soft Breads | £3.00 | £3.60 |
| Hot Pasta Pots with Sauce or Main Dish | £2.36 | £2.99 | Salad Pots | £3.00 | £3.60 |
| Chipped Potatoes or Jacket wedges | £1.40 | £1.70 | Jacket Potato Cheese & Beans | £3.00 | £3.60 |
| Main Dishes | £2.36 | £2.99 | Jacket Potatoes with the Main Dish | £3.00 | £3.60 |
| Portion Veg/Baked Beans or Hot Sauces | 68p | 84p | Medium Pizza Slice with Chips or Wedges | £3.00 | £3.60 |

If you have any allergen or dietary requirements please see the Catering Manager