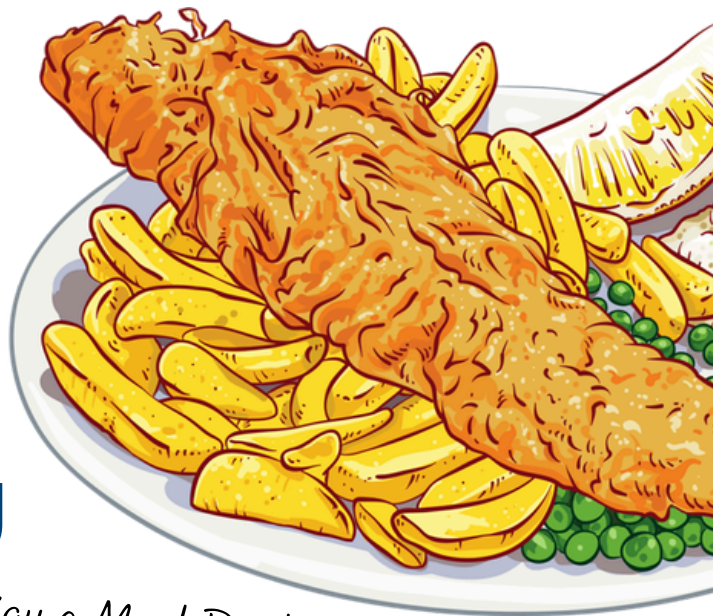


TGS

Lightwell

Summer MENU



Week A

Monday

Chicken Kiev, Crunchy Slaw, Sweet Potato Fries
Veggie Burger, Garden Salad, Sweet Potato Fries
Tomato Arrabbiata Pasta

*Enjoy a Meal Deal for the best value
'Main & Pud' or 'Main & drink'
for £2.80*

Fruit Jelly

Tuesday

Bacon & Pepper Pasta
Veggie Quiche, Garden Salad
Creamy Tomato Pasta

Iced Sponge

Wednesday

Cajun Chicken, Peppers & Onions, 50/50 Rice
Mediterranean Vegetable Tomato Pasta

Muffin

Thursday

Toad in the hole, Roast Potatoes, Seasonal Veg
Quorn toad in the hole, Roast Potatoes, Seasonal Veg
Green Pesto Pasta

Toffee Cream Tart

Friday

Battered fish fillet, Chips & Peas
Breaded Chicken Goujons, Chips & Baked Beans
Veggie Quiche, Garden Salad

Doughnut

Jacket potatoes & freshly made Sandwiches with a selection of fillings & salad available daily

*Vegan, Vegetarian and Dairy/Gluten Free options available. If you have an allergy or intolerance please speak to our catering team for available options- full allergen information is available.
Menu subject to alterations due to external factors.*



Lightwell Summer MENU



Week B

Monday

Sweet & Sour Chicken, Egg Fried Rice
Red Pepper Pesto Pasta

*Enjoy a Meal Deal for the best value
'Main & Pud' or 'Main & Drink'
for £2.80*

Cornflake Cake

Tuesday

Beef Meatballs in Napoli Sauce, Pasta
Arrabbiata Pasta

Iced Finger

Wednesday

Smoky BBQ Pulled Pork, Rice & Beans, Crunchy Slaw
Macaroni

Cheesecake

Thursday

Roast Chicken, Yorkshire Pudding, Roast Potatoes,
Seasonal Veg & Stuffing
Creamy Tomato Pasta

Syrup & Cornflake Tart
Vanilla Ice cream

Friday

Battered fish fillet, Chips & Peas
Breaded Chicken Goujons, Chips & Baked Beans
Veggie Quiche, Garden Salad

Doughnut

Jacket potatoes & freshly made Sandwiches with a selection of fillings & salad available daily

*Vegan, Vegetarian and Dairy/Gluten Free options available. If you have an allergy or intolerance please speak to our catering team for available options- full allergen information is available.
Menu subject to alterations due to external factors.*



TGS Lightwell

PRICE LIST

Breakfast

Friday's from 8:15am

Six Item Breakfast	£3.00
Extra items	£0.50
Bacon or Sausage Bagel	£2.00
Bacon or Sausage Sandwich	£1.00
Breakfast Wrap	£2.00
Extras	
<i>Jam Portion</i>	£0.20
<i>Butter Portion</i>	£0.10

Sandwiches

Freshly Made Sandwiches	
<i>From</i>	£1.00

Lunch & Break

Main Meal	£2.30
Meal Deal	£2.80
Pasta of the Day	
<i>Large (Main Meal)</i>	£2.30
<i>Small</i>	£1.50
Sides	<i>From</i> £1.00
Pain Jacket Potato	£1.00
Jacket – 1 filling	£1.50
Jacket – 2 fillings	£2.00
Dessert of the Day	£1.00
<i>Add Ice Cream/ Custard</i>	£0.50
Breakfast Wrap	£2.00
Bacon or Sausage Bagel	£2.00
Bacon or Sausage Sandwich	£1.00

Light Bites & Snacks

Fresh Fruit Pots

<i>Large</i>	£1.50
<i>Small</i>	£1.00
Fresh Fruit	£0.50
Croissants	£1.20
Pain au Chocolate	£1.50
Popcorn/Popcrisps	£1.30
Fruit Yoghurt	£1.00

Drinks

Water	£1.00
Flavoured Water	£1.40
Fruit Juice	
<i>Small</i>	£1.00
<i>Large</i>	£1.60
Appletiser	£1.00
Milkshakes	£1.50
Hot Drinks	£1.00

If you have an allergy or intolerance please speak to our Catering team for available options. Menu subject to alterations due to external factors