

# Today's menu - Week 2

## MAIN DISHES

### Meal Deals

(all include 'Sweet of the Day' and a cup of cold Orange or Apple & Blackcurrant)

### Monday

Mixed Pizza served with Vegetables or Salad or Beans. £1.75  
 Chicken and Vegetable Pie served with Mash, £1.75  
 Carrot and Swede Batons and Gravy. £1.75  
 Cheese and Tomato Pizza served with Salad. £1.75

### Tuesday

Curry of the Day served with Pilau Rice £1.75  
 (add a naan bread for £2.00).

Bacon and Vegetable Quiche served with Salad, £1.75  
 Vegetables or Baked Beans.  
 Cheesy Potato and Leek Crumble served £1.75  
 with Roasted Vegetables.

### Wednesday

Roast of the Day, small Yorkshire Pudding, £1.75  
 Roast Potatoes, Mash, Vegetables, and Gravy. £1.75  
 Fisherman's Pie served with Garden Peas or Salad.  
 Oriental Stir Fry Vegetables in Black Bean Sauce £1.75  
 served on a Bed of Noodles.

### Thursday

Beef Grill Steak on a Roll served with Salad. £1.75  
 Beef Lasagne served with Broccoli. £1.75  
 Vegetable Lasagne served with Salad. £1.75

### Friday

Fish and Chips served with Mushy or Garden Peas. £2.00  
 Mediterranean Frittata served with £1.75  
 Baked Beans or Salad.  
 Vegetarian Cottage Pie served with Salad, £1.75  
 Baked Beans or Mushy Peas.

Items can be purchased individually as well as part of a meal deal. All main dishes from £1.20.

Various Fruit, Yoghurts, Sweets available daily. from 30p

TOKEN VALUE £1.75

## DELI

### Meal Deals

(all include a cup of cold Orange or Apple & Blackcurrant)  
 Poco Panini (various fillings) £1.00  
 Poco Panini (various fillings) & Soup of the Day. £1.50

### Individual Items

Home Style Soup of the Day. 50p  
 Add a Bread Roll 70p  
 Bread Roll (can only be purchased with meals) 25p  
 Butter / Spread 5p  
 Pasta Box 70p  
 Salad Box 60p  
 with filling £1.20  
 Ploughmans £1.75

Choice of Sandwiches  
 Bronze (filling + 1 salad item) £1.20  
 Silver (filling with salad) £1.50  
 Gold (Large, with filling and salad) £1.75

## OTHER

Potatoes (including salad and cup of ice cold orange £1.20  
 or apple and blackcurrant) £1.75

Plain 60p  
 With Fillings  
 Meat £1.20  
 Tuna £1.20  
 Baked Beans £1.00  
 Cheese £1.00

Theos wrap served with salad. £1.75  
 (includes a 20p drink or fruit bag - you choose).

Pasta (including cup of ice cold orange or apple and blackcurrant)

Plain 60p  
 With Toppings  
 Meat £1.20  
 Sauce £1.00  
 Cheese £1.00

## DRINKS

### Cold

Strathmore Water (500ml) 50p  
 Cans (330ml) 60p  
 (Appletiser / Peartiser)

Rubicon (288ml) 60p  
 (Guava Berry & Blackcurrant, Mango, Apple & Peach)

Capri Sun Pouch 60p  
 Capri Sun Rush 90p

Yazoo Milkshake (500ml) 90p  
 (Banana, Strawberry, Chocolate)

Milk (250ml) 35p

Freshers Juice Break 20p  
 (Orange or Apple and Blackcurrant)

### Hot

Creamy Chocolate Options 50p  
 Cappuccino 50p  
 Coffee (black or white) 50p  
 Tea 30p  
 Klix (vending) 40p

WATCH OUT AROUND COLLEGE FOR OUR REGULAR PROMOTIONS

The Vale Trust



REDDISH VALE TECHNOLOGY COLLEGE

### Opening Times

Breakfast Club  
 Main Dining Room  
 8.00am to 8.45am

Break  
 Main Dining Room  
 10.12am to 10.27am

### Lunch

Main Dining Room  
 & Harlequins  
 12.26pm to 13.11pm

After School  
 Main Dining Room  
 3.10pm to 3.30pm