



At JSTC we believe in offering our students the choice of both hot and cold meals with enough variety to suit all appetites.

Whether you want a proper full meal, freshly made sandwich or something to "grab and go" so you can attend a lunchtime club, we have all bases covered.



# **Dietary Requirements**

 Vegan and gluten free options can be prepared by pre-ordering at break-time for lunch.
Please check with a member of the canteen staff if you are unsure prior to purchasing an item. JSTC







8.15 - 8.45 a.m.

Breakfast consists of cereal, bagels served with butter, jam or marmalade and hot drinks. The cost is 50p or free for students in receipt of Free School Meals.



**Breaktime Menu** 

11.20 - 11.40 a.m.

Bread Roll Chicken burger in a bun Cheese and Ham Bagel Pizza Slice Cheese Toastie Bacon Bap Sausage Bap Large Sausage Roll Pain au Chocolat Panini Popcorn Biscuits/Cake







### **Breakfast Time Menu**





£ .25 £1.10 £1.10 £ .80 £1.10 £1.00 £1.00 £ .60 £ .70 £1.70 £ .60 £.60

### Sandwich Bar (open break and lunchtime)

Filled Rolls (Rustic, Deli, Baguettes)

from £1.30

We are also proud to offer a 'Select Your' Own Sandwich Filling' Sandwich Bar:





Choose the type of white or brown roll/bread and filling from our daily selection and then unlimited salad from £1.30

Boxed Salads Homemade Cakes and Biscuits Fresh Fruit Drinks	from from	£1.50 £ .60 £ .30 £ .50
Voghurt	Trom	£ .50 £ .70

There is also a selection of fresh and dried fruit from £.50pots

Filled Tortilla Wrap Paninis

from £1.50 £1.70



Meat Pie potatoes & veg. Drink. Dessert

**Jacket Potato** & 2 x fillings, fresh fruit. & juice.

# <u>Vegan Options</u>

Place your food order at the Canteen during break and it will be cooked ready for lunch time.

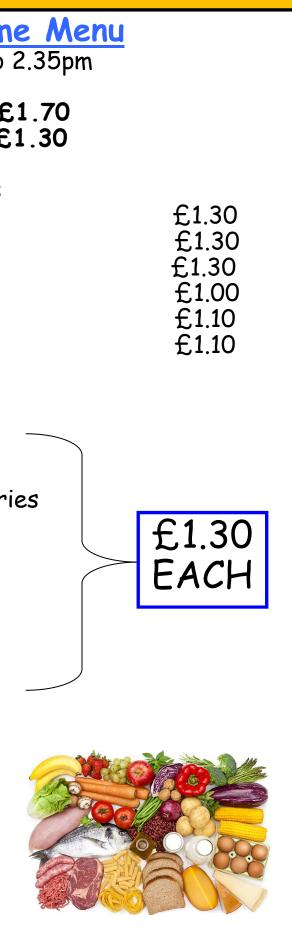
Sausage or Nuggets, mash, vegetables and gravy Roast Quorn Fillet (Thurs) includes potatoes, vegetables and gravy Butternut squash Wellington, potatoes, veg Cottage Pie, potatoes, vegetables & gravy Salad bar Sandwiches with choice of fillings Fishless fingers and chips (Fri) Bean Lasagne & vegetables Vegan Roll, diced potatoes, baked beans	£1.70 £1.70 £1.70 £1.70 £1.30 £1.30 £1.30 £1.30 £1.30
Hot dog, diced potatoes, baked beans	£1.30
Jacket Potato with beans & cheese	£1.30
Pizza with herb diced potatoes	£1.30
Quinoa Falafel, potatoes, baked beans	£1.30
Vegetable Burger	£1.10
<u>Desserts</u>	0 70

Alpro assorted yoghurts & desserts	£ .70
Homemade chocolate brownie, cookies, shortbread biscuits Frozen Smoothies Fruit	£ .60 £ .40 £ .30

If you have a special request for a meal please speak to the Canteen Staff & we will try to accommodate.



Lunch Tim 1.45pm to
Large Main meals £ Small Main meals £
Homemade dishes include: Curry Pasta Jacket Potato with filling Chips Chips & Curry Chips & Gravy
Daily Specials: Monday: Chicken Nuggets & Curly Fri Tuesday: Pizza & Diced Potatoes Wednesday: Cheeseburger Thursday: Pie Friday: Sausage & Chips Fish & Chips



# Desserts

Homemade Cake e.g. brownies, iced sponge Homemade Biscuit e.g. flapjacks, shortbread, cookies	from	£.60
		£ .60
Popcorn Ice Cream Tub Ice Lolly Yoghurt		£ .60 £ .40 £ .60 £ .70
Fresh Fruit Fruit pots Drinks		£ .30 £ .50 £ .60
Hot Pudding and Custard		£ .70

### VARIOUS DESSERTS AVAILABLE EVERY DAY **FROM £**.60





### **Gluten and Dairy Free Options**

Place your food order at the Canteen during break and it will be cooked ready for lunch time.

Sausage, mash, vegetables and Roast of the Week (Thurs) incl potatoes, Yorkshire, vegetable Chicken Pie, potatoes, vegetab Salad bar Sandwiches with choice of filling

Fish fingers or fish cake and cl Meatballs & Pasta in tomato sa bread roll

Jacket Potato with beans & cheese Pizza with herb diced potatoes Chicken Burger

### Desserts

Alpro assorted yoghurts & desserts Pancakes and custard Bakewell tarts, Flapjack, Iced Cake Muffins Fruit

If you have a special request for a meal please speak to the Canteen Staff & we will try to accommodate.



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eese	£1.30

£ .70 £ .70 £ .60 £ .60 £ .30

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