

Welcome to the CANTEEN



JSTC

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.





Breakfast Time Menu

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	£ .25
Chicken burger in a bun	£1.10
Cheese and Ham Bagel	£1.10
Pizza Slice	£ .80
Cheese Toastie	£1.10
Bacon Bap	£1.00
Sausage Bap	£1.00
Large Sausage Roll	£ .60
Pain au Chocolat	£ .70
Panini	£1.70
Popcorn	£ .60
Biscuits/Cake	£ .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	from	£1.50
Homemade Cakes and Biscuits	from	£ .60
Fresh Fruit	from	£ .30
Drinks	from	£ .50
Yoghurt		£ .70

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

Filled Tortilla Wrap	from	£1.50
Paninis		£1.70

FREE SCHOOL MEALS

Free school meals guidance and criteria are published on our website.

**LUNCHTIME
FREE SCHOOL MEALS EXAMPLES**

ALLOCATION - £2.50

Curry, rice,
naan bread &
a biscuit.

Meat Pie,
potatoes & veg.
Drink.
Dessert.

Sandwich,
yoghurt & a
homemade cake.

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

**Free
School
Meals** 

Are you entitled?

Vegan Options

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	£1.70
Roast Quorn Fillet (Thurs) includes potatoes, vegetables and gravy	£1.70
Butternut squash Wellington, potatoes, veg	£1.70
Cottage Pie, potatoes, vegetables & gravy	£1.70
Salad bar	£1.70
Sandwiches with choice of fillings	£1.30
Fishless fingers and chips (Fri)	£1.30
Bean Lasagne & vegetables	£1.30
Vegan Roll, diced potatoes, baked beans	£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

Desserts

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

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



Lunch Time Menu

1.45pm to 2.35pm

Large Main meals	£1.70
Small Main meals	£1.30

Homemade dishes include:

Curry	£1.30
Pasta	£1.30
Jacket Potato with filling	£1.30
Chips	£1.00
Chips & Curry	£1.10
Chips & Gravy	£1.10

Daily Specials:

<i>Monday:</i>	Chicken Nuggets & Curly Fries
<i>Tuesday:</i>	Pizza & Diced Potatoes
<i>Wednesday:</i>	Cheeseburger
<i>Thursday:</i>	Pie
<i>Friday:</i>	Sausage & Chips
	Fish & Chips

**£1.30
EACH**



Desserts

Homemade Cake e.g. brownies, iced sponge	from £ .60
Homemade Biscuit e.g. flapjacks, shortbread, cookies	£ .60
Popcorn	£ .60
Ice Cream Tub	£ .40
Ice Lolly	£ .60
Yoghurt	£ .70
Fresh Fruit	from £ .30
Fruit pots	£ .50
Drinks	from £ .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 gravy	£1.70
Roast of the Week (Thurs) includes potatoes, Yorkshire, vegetables and gravy	£1.70
Chicken Pie, potatoes, vegetables & gravy	£1.70
Salad bar	£1.70
Sandwiches with choice of fillings	£1.30
Fish fingers or fish cake and chips (Fri)	£1.30
Meatballs & Pasta in tomato sauce with bread roll	£1.30
Jacket Potato with beans & cheese	£1.30
Pizza with herb diced potatoes	£1.30
Chicken Burger	£1.10

Desserts

Alpro assorted yoghurts & desserts	£ .70
Pancakes and custard	£ .70
Bakewell tarts, Flapjack, Iced Cake	£ .60
Muffins	£ .60
Fruit	£ .30

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

