

Summer 24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Daily options available See additional list	Daily options available See additional list	Daily options available See additional list	Daily options available See additional list	Daily options available See additional list
SPECIAL OF THE DAY	Special of the day See additional list	Special of the day See additional list	Special of the day See additional list	Special of the day See additional list	Special of the day See additional list
PIZZA	Cheese & tomato pitta pocket wheat/gluten, milk	Cheese & tomato pizza slice wheat/gluten, milk	Cheese & tomato pitta pocket wheat/gluten, milk	Garlic & cheese slice wheat/gluten, milk	Cheese & tomato pizza slice wheat/gluten, milk
VEGETARIAN	Veggie ball sub wheat/gluten, soya	Cheese & onion bake wheat/gluten, egg, milk	All Day vegetarian breakfast wrap wheat/gluten, egg, milk	Quorn sausage patty & egg muffin wheat/gluten, egg, milk, sesame, soya	Vegan sausage roll wheat/gluten, milk, soya
POULTRY/ PORK/ BEEF	Cheese burger bap wheat/gluten, milk, sesame, soya, sulphur dioxide/ sulphites	Sausage muffin wheat/gluten, sesame, soya, sulphur dioxide/ sulphites	Chicken grill in a bap wheat/gluten, sesame	BBQ chicken wrap wheat/gluten	Italian chicken goujons wrap <mark>wheat/gluten, egg</mark>
SALAD	Salad of the day See additional list	Salad of the day See additional list	Salad of the day See additional list	Salad of the day See additional list	Salad of the day See additional list
YOGHURT BAR	Daily selection of yoghurts & toppings See additional list	Daily selection of yoghurts & toppings See additional list	Daily selection of yoghurts & toppings See additional list	Daily selection of yoghurts & toppings See additional list	Daily selection of yoghurts & toppings See additional list
FRUIT	Seasonal fruit pot none	Seasonal fruit pot none	Seasonal fruit pot none	Seasonal fruit pot <mark>none</mark>	Seasonal fruit pot none

CITY CATERING SCHOOLS Powring love into every meal

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Breakfast:

Toasted bagel	wheat/gluten, sesame	
Crumpets	wheat/gluten, milk, soya	
Cheesy baguette	wheat/gluten, milk	
Cheese & ham baguette	wheat/gluten, milk	
Waffles	wheat/gluten, egg, milk, soya	
Pancakes	wheat/gluten, egg, milk	
Toast & jam	wheat/gluten, soya	
Ham & cheese muffin	wheat/gluten, milk, sesame, soya	
Bacon roll	wheat/gluten	
Bacon muffin	wheat/gluten, sesame, soya	
Bacon & cheese turnover	wheat/gluten, egg, milk	

Salad of the day:

Mixed salad	none	
Tuna & sweetcorn pasta salad	wheat/gluten, egg, fish	
Chicken, celery & apple pasta salad	celery, wheat/gluten, egg, milk, sulphur dioxide/ sulphites	
BBQ chicken pasta salad	wheat/gluten	
Chicken Chow Mein salad	wheat/gluten, egg, soya	
Mixed salad with egg & cheese	egg, milk	
Mixed salad with tuna	fish	
Sweet chilli chicken & noodle salad	wheat/gluten, egg	
Chicken & bacon pasta salad	wheat/gluten, egg	
Tomato pasta	wheat/gluten	
Breaded chicken & honey mustard mayo pasta salad	wheat/gluten, egg, mustard, sulphur dioxide/ sulphites	

Registered Office: Second Floor, Latimer House, 5-7 Cumberland Place. Southampton SO15 2BH

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Yoghurt bar:

EasiYo Vanilla	milk, soya
Yeo Valley Strawberry	milk
Yeo Valley Raspberry	milk
Yeo Valley Mango & Vanilla	milk
Granola	wheat/gluten, sulphur dioxide/ sulphites
Fruits of the forest coulis	sulphur dioxide/ sulphites
Mango coulis	sulphur dioxide/ sulphites
Strawberry coulis	sulphur dioxide/ sulphites
Sultanas	none
Granola pot with strawberries	wheat/gluten, milk, soya, sulphur dioxide/ sulphites
Granola pot with mango	wheat/gluten, milk, soya, sulphur dioxide/ sulphites
Granola pot with fruits of the forest	wheat/gluten, milk, soya, sulphur dioxide/ sulphites

Special of the day:

Sausage roll	wheat/gluten, milk, soya, sulphur dioxide/ sulphites
Bacon & cheese turnover	wheat/gluten, egg, milk
Bacon muffin	wheat/gluten, sesame, soya
Bacon, egg & beans wrap	wheat/gluten, egg, milk
Cheese & chorizo bake	wheat/gluten, egg, milk, mustard
Chicken pitta pocket	wheat/gluten
Ham & cheddar bagels	wheat/gluten, milk, sesame
Ham & cheese crumpets	wheat/gluten, milk, soya
Ham & cheese muffins	wheat/gluten, milk, sesame, soya
Pepperoni & cheddar bagels	wheat/gluten, milk, sesame
Pepperoni & cheese crumpets	wheat/gluten, milk, soya
Quorn sausage patty & cheese muffin	wheat/gluten, egg, milk, sesame, soya

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St. George's – Grab & Go Menu – Showing 14 main allergens V2

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Sausage, egg & beans wrap	wheat/gluten, egg, milk, soya, sulphur dioxide/ sulphites
Spicy pizza naan	wheat/gluten, milk
Pepperoni pizza slice	wheat/gluten, milk
Ham & pineapple pizza	wheat/gluten, milk
Toasted bagel	wheat/gluten, sesame
Crumpets(breakfast)	wheat/gluten, milk, soya
Cheesy baguette (breakfast)	wheat/gluten, milk
Cheese & ham baguette (breakfast)	wheat/gluten, milk