THIS WEEK'S **MMB EATS**

WEEKS 1-3 MENU





	MON	TUE	WED	THUR	FRI
Hot Breakfast	Bacon Baguette Quorn Pattie, Cheese and Egg English Muffin V	Bacon Baguette Quorn Pattie, Cheese and Egg English Muffin V	Bacon Baguette Quorn Pattie, Cheese and Egg English Muffin V	Bacon Baguette Quorn Pattie, Cheese and Egg English Muffin V	Bacon Baguette Quorn Pattie, Cheese and Egg English Muffin
Bagel and Toast Station	Toast with Spread				
Paninis, Subs, Toasties & Baguettes	Delicious, hot range of paninis, toasties, subs and baguettes for you to choose from	Delicious, hot range of paninis, toasties, subs and baguettes for you to choose from	Delicious, hot range of paninis, toasties, subs and baguettes for you to choose from	Delicious, hot range of paninis, toasties, subs and baguettes for you to choose from	Delicious, hot range of paninis, toasties, subs and baguettes for you to choose from
Sandwiches	Your favourite sandwich fillings everyday!				
Pizza/Pasta King	Margherita Pizza Pasta King	Margherita Pizza Pasta King	Margherita Pizza Pasta King	Margherita Pizza Pasta King	Margherita Pizza Pasta King









THIS WEEK'S

HOT BREAKFAST – ADDITIONAL COOKS





Bacon And Egg English Muffin				
Bacon Bap				
Bacon & Egg Bap				
Vegetarian Sausage Bap				

MON











SANDWICHES, SUBS, PANINIS, TOASTIES & BAGUETTES – ADDITIONAL COOKS & UPSELLS





All sandwiches available on white or brown	SERVED DAILY			
Sandwiches – Must Cook	Cheese Sandwich Ham Sandwich Chicken and Bacon Sandwich			
Additional Options	Egg Mayo Sandwich Cheese Ploughman's Sandwich Vegan Cheese Sandwich	Cheese Salad Sandwich BLT Chicken Mayo Sandwich	Tuna Mayo Sandwich Cheese & Tomato Sandwich Cheese & Pickle Sandwich	
Subs (Full Sized & Demi) – Must Cook	Vegan Vege Ball Marinara Sub Chicken Teriyaki Sub Chicken Tikka Sub	Ham and Chicken Melt Sub		
Subs (Full Sized & Demi) – Must Cook	Ham & Cheese Panini Cheese & Tomato Sauce Panini			
Additional Options	Chicken and Bacon Toastie Cheese and Bean Toastie Tuna Melt Panini	Chicken Teriyaki Panini Vegan Cheese & Tomato Sauce Panini V Vegan Cheese & Bean Toastie V	BBQ Chicken Panini Ham & Cheese Toastie	
Baguette (Full Sized & Demi) – Must Cook	BLT Ham Salad Cheese			
Additional Options Wraps	Vegan Cheese & Pickle Baguette Chicken Mayo Baguette Tuna Mayo Baguette Chicken & Bacon Baguette	Tuna & Sweetcorn Baguette Cheese & Ham Baguette Cheese & Pickle Baguette Ham Baguette	Cheese Salad Wrap Pepper & Houmous Wrap Tuna Crunch Wrap Chicken Salad Wrap	









	MON	TUE	WED	THUR	FRI
	Toasted Bagel with Spread	Toas <mark>t</mark> ed Bagel with Spread	Toasted Bagel with Spread	Toasted Bagel with Spread	Toasted Bagel with Spread
	Jam Portion	Jam P <mark>o</mark> rtion	Jam Portion	Jam Portion	Jam Portion
Additional Bagel &	Toasted Teacake with Spread	Toast <mark>e</mark> d Teacake with Sprea <mark>d</mark>	Toasted Teacake with Spread	Toasted Teacake with Spread	Toasted Teacake with Spread
Toasted	Toasted Cinnamon and Raisin Bagel with spread	Toast <mark>ed</mark> Cinnamon and Raisin Bagel with spread	Toasted Cinnamon and Raisin Bagel with spread	Toasted Cinnamon and Raisin Bagel with spread	Toasted Cinnamon and Raisin Bagel with spread
	Toasted Multi Grain Bagel with spread	Toast <mark>e</mark> d Multi Grain Bage <mark>l</mark> with spread	Toasted Multi Grain Bagel with spread	Toasted Multi Grain Bagel with spread	Toasted Multi Grain Bagel with spread
Additional Pizza	Cajun Chicken Sizzler Veggie Hot One Pizza V Vegan Margherita Pizza V Hawaiian Pizza	Cajun Chicken Sizzler Veggie Hot One Pizza Vegan Margherita Pizza Hawaiian Pizza	Cajun Chicken Sizzler Veggie Hot One Pizza V Vegan Margherita PizzaV Hawaiian Pizza	Cajun Chicken Sizzler Veggie Hot One Pizza♥ Vegan Margherita Pizza♥ Hawaiian Pizza	Cajun Chicken Sizzler Veggie Hot One Pizza♥ Vegan Margherita Pizza♥ Hawaiian Pizza
Additional Porridge & Bircher	Bircher Muesli: Chocolate and Orange Chocolate Strawberry Porridge Porridge Toppers: Banana Apricot Sultana	Bircher Muesli: Chocolate and Orange Chocolate Strawberry Porridge Porridge Toppers: Banana Apricot Sultana	Bircher Muesli: Chocolate and Orange Chocolate Strawberry Porridge Porridge Toppers: Banana Apricot Sultana	Bircher Muesli: Chocolate and Orange Chocolate Strawberry Porridge Porridge Toppers: Banana Apricot Sultana	Bircher Muesli: Chocolate and Orange Chocolate Strawberry Porridge Porridge Toppers: Banana Apricot Sultana







HEALTHY SNACKS – MUST COOKS & ADDITIONALS





	MON	TUE	WED	THUR	FRI
Must Cook	Pineapple Pot Watermelon Pot	Pine <mark>apple Pot</mark> Watermelon Pot	Pineapple Pot Watermelon Pot	Pineapple Pot Watermelon Pot	Pineapple Pot Watermelon Pot
	Fruit and Cherry Yoghurt Pot	Fruit and Cherry Yoghurt Pot	Fruit and Cherry Yoghurt Pot	Fruit and Cherry Yoghurt Pot	Fruit and Cherry Yoghurt Pot
	Crudité with Houmous Grape Pot	Crudité with Houmous Grape Pot	Crudité with Houmous Grape Pot	Crudité with Houmous Grape Pot	Crudité with Houmous Grape Pot
Additional Options	Fruit and Strawberry Yoghurt Pot	Fruit and Strawberry Yoghurt Pot	Fruit and Strawberry Yoghurt Pot	Fruit and Strawberry Yoghurt Pot	Fruit and Strawberry Yoghurt Pot
	Cucumber Sticks with Houmous	Cucumber Sticks with Houmous	Cucumber Sticks with Houmous	Cucumber Sticks with Houmous	Cucumber Sticks with Houmous
	Carrot Sticks with Houmous	Carrot Sticks with Houmous	Carrot Sticks with Houmous	Carrot Sticks with Houmous	Carrot Sticks with Houmous
	Fruit Salad Pot	Fruit Salad Pot	Fruit Salad Pot	Fruit Salad Pot	Fruit Salad Pot



