

# THE ARCHER ACADEMY (UPPER)

## GRAB 'N' GO

WEEK 1

### HOT DAILY ONE POT

A ONE POT DISH THAT CHANGES DAILY

ENJOY IT BY ITSELF FOR £2.00  
OR WITH A BOTTLE OF WATER FOR £2.45

<u>MON</u>	<u>TUES</u>	<u>WEDS</u>	<u>THURS</u>	<u>FRI</u>
CHICKEN, TOMATO AND BASIL PASTA WITH PARMASAN (MK, G)	SWEET AND SOUR CHICKEN BALLS WITH EGG FRIED RICE (E, SO, G)	CAJUN CHICKEN NACHOS, CHEESE SALSA AND JALAPENOS (MK)	SPICY MEATBALLS MARINARA WITH COUS- COUS (CE, G, SO)	FISH GOUJONS WITH CHUNKY CHIPS AND HOMEMADE TARTARE SAUCE (F G, MK)
KATSU SPICED BEAN BURGER <b>V</b> (E, G, MK, SO)	ASIAN STYLE VEGETABLE STIR FRY NOODLES WITH SWEET CHILLI SAUCE <b>V</b> (E, G, SO)	LOADED JACKET POTATO SKINS WITH TOMATO, SPRING ONION AND CHEDDAR CHEESE <b>V</b> (MK)	PENNE ARRABIATA PASTA POT <b>V</b> (CE, G)	MUSHROOM AND ONION QUINOA BURGER WITH RELISH <b>V</b> (E, G, MK, SO)

### DAILY HOT PANINI

<u>MON</u>	<u>TUES</u>	<u>WEDS</u>	<u>THURS</u>	<u>FRI</u>
TUNA MELT (E, F, SO, SU)	TOMATO, MOZZERALLA WITH BASIL (G, MK, SO)	CHEDDAR CHEESE AND HAM (G, MK, SO)	PESTO CHICKEN WITH CHEDDAR CHEESE (E, G, MK, SO)	CHEDDAR CHEESE AND RED ONION (E, G, MK, SO)

### COLD GRAB 'N' GO

READY MADE SANDWICHES	READY MADE BAGUETTES	BOXED SALADS	FRUIT POTS
FROM £1.50	FROM £1.90	FROM £2.00	FROM £

## JACKET BAR

FROM £1.65

CHEESE AND/ OR BAKED  
BEANS <sup>(MK)</sup>  
WITH ANY COLD  
DELI TOPPING

### DRINKS

MINERAL WATER FRUIT	£0.70
JUICE	£0.90
RADNOR FRUITS	£1.20

### SNACKS

NATURE VALLEY	£0.70
YOGHURT RICE CAKES	£0.99
METCALFES POPCORN	£0.99
WALKERS CRISPS	£0.80
LEVI ROOTS CRISPS	£0.80
MUFFINS	£1.50
DOUGHNUTS	£1.30
CAKES & COOKIES	£0.80



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<u>MON</u>	<u>TUES</u>	<u>WEDS</u>	<u>THURS</u>	<u>FRI</u>
CHICKEN JALFRAZI, STEAMED RICE & POPPADOMS. SERVED WITH RAITI DIP AND MANGO CHUTNEY (G)	JERK CHICKEN, PEAS, RICE AND SLAW	STICKY ASIAN CHICKEN POPPERS WITH FRIED RICE (CE, G, P, SO)	CHIMMICHURI BEEF BURGER WITH POTATO WEDGES (CE, E, G, MK, SO, SU)	FISH GOUJONS WITH CHUNKY CHIPS AND HOMEMADE TARTARE SAUCE (F, G, MK)
SPINACH, SWEET POTATO AND LENTIL DAHL WITH NAAN V (CE, E, MK)	SWEET TOMATO AND BASIL, TOSSED WITH LIGHTLY BOILED PASTA V (CE, G, MK)	SINGAPORE STYLE VEGETABLE NOODLES V (E, G, SO)	MACARONI CHEESE WITH A HERB CRUST V (G, MK)	SPINACH FETA PARCELS V (G, MK)

### DAILY HOT PANINI

<u>MON</u>	<u>TUES</u>	<u>WEDS</u>	<u>THURS</u>	<u>FRI</u>
TOMATO MOZZERALLA WITH BASIL (G, MK, SO)	TUNA MELT (E, F, G, SO)	CHEDDAR CHEESE AND HAM (G, MK, SO)	PESTO CHICKEN WITH CHEDDAR CHEESE (E, G, MK, SO)	CHEDDAR CHEESE AND RED ONION (E, G, MK, SO)

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<u>MON</u>	<u>TUES</u>	<u>WEDS</u>	<u>THURS</u>	<u>FRI</u>
CHICKEN FAJITA WITH SALAD, SALSA AND JALAPENOS (G)	PERI PERI CHICKEN WITH SMOKED PAPRIKA SEASONED WEDGES (G, MU)	TURKISH CHICKEN KEBABS SERVED WITH A FLATBREAD AND GARLIC MAYO DRESSING (G, MK)	BEEF CHILLI CON CARNE WITH RICE, SOUR CREAM AND GUACAMOLE (CE, G, MK)	FISH GOUJONS WITH CHUNKY CHIPS AND HOMEMADE TARTARE SAUCE (E, G, MK)
VEGETABLE BURRITO SALAD, SALSA AND JALAPENOS <b>V</b>	ROASTED VEGETABLES AND PESTO PASTA POT, SERVED WITH PASTA <b>V</b> (CE, G)	SINGAPORE STYLE VEGETABLE NOODLES <b>V</b> (E, G, SO)	VEGETABLE & BEAN JAMBALYA SERVED WITH CORN ON THE COB <b>V</b> (CE, MU)	MAC & CHEESE WITH A 3 CHEESE TOPPING <b>V</b> (G, MK)

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