

Welcome to



We care about  
**Good School Food!**

Which is why we work closely with the Soil Association to make sure we are providing food which is healthy, sustainably sourced, better for animal welfare and delicious of course! This means...

- All of the eggs we use are free range
- We source British, local and seasonal produce where possible
- Our meat is sourced from UK farms with high standards of animal welfare
- We have achieved the MSC's (Marine Stewardship Council) Chain of Custody certification which demonstrates that the fish we serve is from well-managed & sustainable fisheries - we don't serve any endangered fish

THE  
**KITCHEN**

YOUR MENU FOR WEEK ONE

- mains -

MONDAY  
Pork Sausage, Mash & Gravy served with Peas & Sweetcorn

TUESDAY  
Beef Lasagne served with Green Beans & Cauliflower

WEDNESDAY  
Roast Chicken, Roast Potatoes & Gravy with Broccoli & Carrots

THURSDAY  
Pulled Turkey & Rice Burrito served with a Vegetable Medley

FRIDAY  
Fish Fingers & Chips served with Peas & Baked Beans

- vegetarian -

MONDAY  
Macaroni Cheese served with Peas & Sweetcorn

TUESDAY  
Roasted Vegetable Tart & New Potatoes served with Green Beans & Cauliflower

WEDNESDAY  
Vegetable & Cheese Frittata served with Broccoli & Carrots

THURSDAY  
Vegetable Bean Chilli with Rice and Sour Cream served with a Vegetable Medley

FRIDAY  
Quorn Burger & Chips served with Peas & Baked Beans

- desserts -

MONDAY  
Pear and Ginger Sponge

TUESDAY  
Chocolate Bread and Butter Pudding

WEDNESDAY  
Eve's Pudding with Custard

THURSDAY  
Chocolate Muffin

FRIDAY  
Fruity Flapjack

THE  
**KITCHEN**

YOUR MENU FOR WEEK TWO

- mains -

MONDAY  
Beef Bolognese and Penne Pasta served with Peas & Carrots

TUESDAY  
Chicken and Sweetcorn Pie with New Potatoes served with Green Beans & Cauliflower

WEDNESDAY  
Roast Turkey, Roast Potatoes & Gravy with Cabbage and Carrots

THURSDAY  
Lamb Kheema Curry & Rice with Spinach & Sweetcorn

FRIDAY  
Battered Fish & Chips served with Peas & Baked Beans

- vegetarian -

MONDAY  
Vegetable Chow Mein with Peas & Carrots

TUESDAY  
Spicy Bean Burger in a Bun with Green Beans & Cauliflower

WEDNESDAY  
Vegetable and Bean Ragù & Roast Potatoes with Cabbage & Carrots

THURSDAY  
Quorn Meatballs in Tomato Sauce and Rice with Spinach & Sweetcorn

FRIDAY  
Cheese & Tomato Penne Pasta served with Peas & Baked Beans

- desserts -

MONDAY  
Apple Crumble with Custard

TUESDAY  
Lemon & Courgette Cake

WEDNESDAY  
Orange and Carrot Muffin

THURSDAY  
Pineapple Upside Down Sponge with Custard

FRIDAY  
Chocolate Brownie

THE  
**KITCHEN**

YOUR MENU FOR WEEK THREE

- mains -

MONDAY  
Beef Meatballs & Penne Pasta served with Sweetcorn & Mixed Salad

TUESDAY  
Garlic Lemon Chicken with Cous Cous served with Coleslaw & Green Beans

WEDNESDAY  
Roast Pork, Roast Potatoes & Gravy with Carrots & Cauliflower

THURSDAY  
Beef Moussaka with Roasted Mediterranean Vegetables

FRIDAY  
Fish Finger Bap with Tartar Sauce & Chips with Peas & Baked Beans

- vegetarian -

MONDAY  
Halloumi & Roast Vegetable Wrap with Sweetcorn & Mixed Salad

TUESDAY  
Quorn and Vegetable Fajitas with Coleslaw & Green Beans

WEDNESDAY  
Vegetable & Lentil Pasta Bake with Carrots & Cauliflower

THURSDAY  
Cheese and Tomato Whirl with Roasted Mediterranean Vegetables

FRIDAY  
Falafel Salad Pitta Bread served with Peas & Baked Beans

- desserts -

MONDAY  
Pear & Berry Crumble with Custard

TUESDAY  
Rice Pudding with Peaches

WEDNESDAY  
Pear and Chocolate Flapjack

THURSDAY  
Chocolate Baked Rice Pudding

FRIDAY  
Berry Muffin

**TILLER & HOBS**  
PRESENTS

BUY ANY MEAL FROM TILLER & HOBS PRESENTS AND GET A **FREE** SIDE

Not for resale. No Cash alternative available. Expires end July 2019

**TILLER & HOBS**  
PRESENTS

BUY ANY MEAL FROM TILLER & HOBS PRESENTS AND GET A **FREE** HOMEMADE TREAT

Not for resale. No Cash alternative available. Expires end July 2019

*Make Yourself Heard...*



Look out for our customer comments board and take a moment to tell us what you think of your restaurant!

**GRAZE**

BUY A BAGUETTE OR PANINI AND GET A **FREE** BOTTLE OF WATER

Not for resale. No Cash alternative available. Expires end July 2019

**GRAZE**

BUY AN A, B & C ITEM FROM THE BALANCED CHOICE RANGE AND GET THE **FREE** LOWEST VALUE ONE

Not for resale. No Cash alternative available. Expires end July 2019

**THE KITCHEN**

BUY ANY MAIN MEAL AND DESSERT AND GET A **FREE** AQUA SPLASH

Not for resale. No Cash alternative available. Expires end July 2019

**THE KITCHEN**

BUY ONE BOTTLE OF WATER AND GET ONE **FREE**

Not for resale. No Cash alternative available. Expires end July 2019

**TILLER & HOBS**  
PRESENTS



Logos include: GOUPEERS AND CO, RUE D' TASTY Soul & Spice, PHILLY MAC & CO, CIAO ITALIA pizza, CIAO ITALIA pasta, THE KARMA CURRY CLUB, Moshi Wozzi URBAN NOODLES, and ME GUSTA BURRITOS.

Take a journey of discovery and treat your taste buds to some new experiences! Tiller & Hobs presents these exciting food concepts to get your mouth watering. From classic Italian pizza to New Orleans style soul food & Mexican burritos. Look out for posters and menus in your dining hall to find out which concepts are available now. Don't miss out!

**WE ♥ VEG**

We love fresh, seasonal fruit and veggies, so we're celebrating a different kind every month! Look out for our produce of the month posters to find out why we think these fruit and veggies are so great, and keep an eye out on our menus to try them for yourself.



WE ♥ WATERCRESS

WE ♥ TOMATOES

WE ♥ STRAWBERRIES

WE ♥ RHUBARB

WE ♥ KALE

WE ♥ CARROTS

**BREAK-TIME SPECIALS**

We've got loads of tasty options to help keep you going until lunchtime, including...

A SELECTION OF FILLED ROLLS, BAPS, BAGUETTES, ENGLISH MUFFINS & BAGELS	FRUIT SUPER POTS
POTS TO GO INCLUDING CHUNKY WEDGES, NACHOS & PIZZA SLICES	TASTY TOASTED PANINIS WITH A CHOICE OF FILLING
	DESSERT POTS INCLUDING FRUIT, GRANOLA, YOGHURT AND CHEESE CAKE

**BREAKFAST**

Wake up with us...

Choose from a selection of favourites including...

Porridge or chocolate porridge with a selection of toppings	A selection of hot breakfast items including breakfast wraps, scrambled eggs, all day breakfast pots, veggie sausages, potato wedges and bacon turnovers
Toast with marmite, jam or baked beans	
Toasted crumpets & jam or fruit toast	

Welcome to



**IT'S FIELD GOOD FOOD FROM HARVEST TO HOB!**