

Food & Education for Life

'Together We Thrive'

aramark

Lunch

Week One

	£	Monday	Tuesday	Wednesday	Thursday	Friday
cosy grub club MEAT/FISH OPTIONS	£2.75	Chicken Biriyani with Warmed Naan Bread	'Chilli Con Carne with Popeye Rice & Grains	Roast Chicken & Stuffing, Skin on Roast Potatoes & Carrots or Peas with Gravy	Meatball Sub with Crunchy Slaw	Bubble Crumb Salmon Fillet, Oven Baked Chips & Baked Beans
cosy grub club Be Well. Do Well.™ MEAT FREE OPTION	£2.75	Eat Curious Vegetable Cottage Pie with Broccoli	Korean BBQ Chimichanga with Rainbow Wedges	Mac & Cheese with Sweetcorn	Vegetarian Lasagne with Garlic Bread	Eat Curious Vegetable Tagine with Cous Cous
PRANZO ITALIANO	Pasta From £ 2.30 Pizza From £1.50	Wholemeal Pasta with Chef's Choice of Sauces (Food Waste Hero)			Cheese & Tomato Focaccia	
		Meatball Focaccia	Pepperoni Focaccia	Ham & Pineapple Focaccia	Spicy Beef & Bean Focaccia	Chicken & Sweetcorn Focaccia
Global Concepts	£3.00	Wrap 'n' Roll: Caulipower Tikka Burrito & Red Cabbage Slaw	Flightbirds Chicken: Jamaican Jerk Chicken or Buffalo Cauliflower with Rice, Sriracha, Mint Yoghurt & Crispy Shallots	Joe De Frango: Piri Piri 'NO' Chicken Thigh & Rice with Piri Piri Coleslaw	Paloma Mediterranean Table: Beef, Tabbouleh Salad, Pickled Cabbage Flatbread with Toppers & Sauces	Sitara South Asian Canteen: Chicken Tikka Kathi Roll with Rice & Mango Yoghurt Dip



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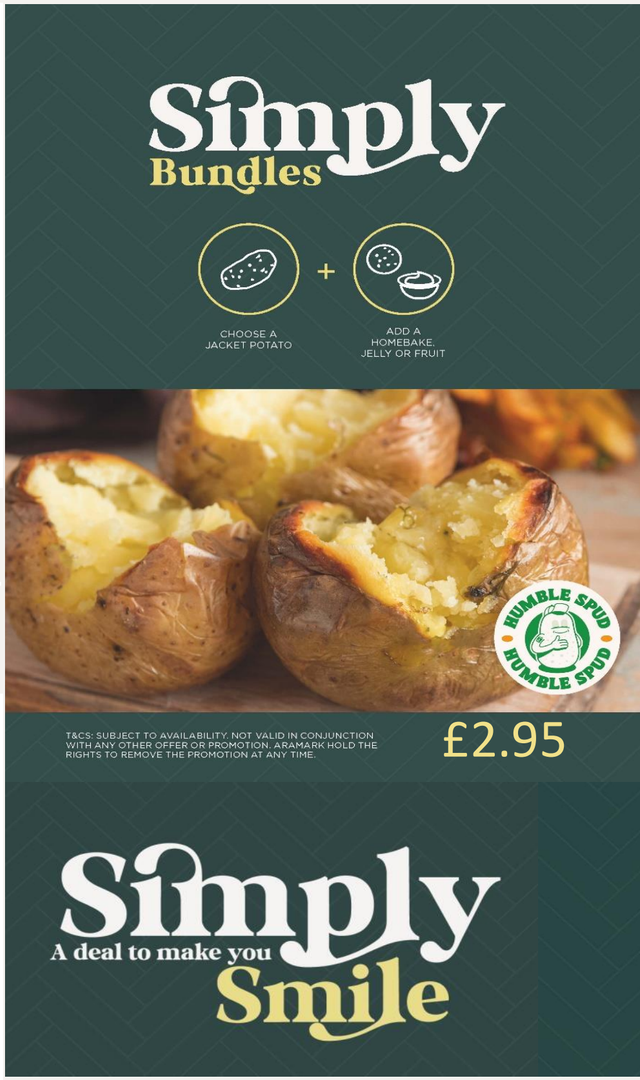
Available Daily: Fresh Vegetables, Baked Potatoes, Freshly Made Sandwiches, Wraps, Baguettes, Pasta Pots, Fruit & Dessert Pots

Allergies: Please speak to a member of our team if you have an allergy & need to know what's in our food so we can advise you on your available choices.

Lunch

Week Two

	£	Monday	Tuesday	Wednesday	Thursday	Friday
cosy grub club MEAT/FISH OPTIONS	£2.75	Thai Chicken Curry with 50/50 Rice	Beef Lasagne with Garlic Bread	Roast Gammon, Skin on Roast Potatoes, Braised Red Cabbage or Roast Parsnips & Gravy	'Cornflake Chicken with Paprika Wedges	Fish Finger Bap, Oven Baked Chips & Baked Beans
cosy grub club Be Well. Do Well.™ MEAT FREE OPTION	£2.75	Spinach & Tomato Tart with Herb & Parika Potatoes	Beans is How Black Eye & Butter Bean Stew & Power Grains	Shandong BBQ Vegetable Rice Stir Fry	Beans is How Lentil, Chickpea & Bean Dahl with Wholemeal Chapati	**Eat Curious** Chilli 'Non' Carne with Popeye Rice & Grains
PRANZO ITALIANO	Pasta From £ 2.30 Pizza From £1.50	Wholemeal Pasta with Chef's Choice of Sauces (Food Waste Hero)			Cheese & Tomato Pizza 50/50 Focaccia	
		Meatball Focaccia	Pepperoni Focaccia	Ham & Pineapple Focaccia	Spicy Beef & Bean Focaccia	Chicken & Sweetcorn Focaccia
Global Concepts	£3.00	Thai Firecracker Chicken or Buffalo Cauliflower with Rice, Sriracha, Mint Yoghurt & Crispy Shallots	Vegetarian Chilli, Rice & Sour Cream with Cheesy Jalapeno Nachos	Japanese Breaded Fish Katsu Burrito with Rainbow Slaw	Falafel & Tabouleh Mezze	Butter Chicken Curry with Saffron Pilau Rice & Potato Pakoras



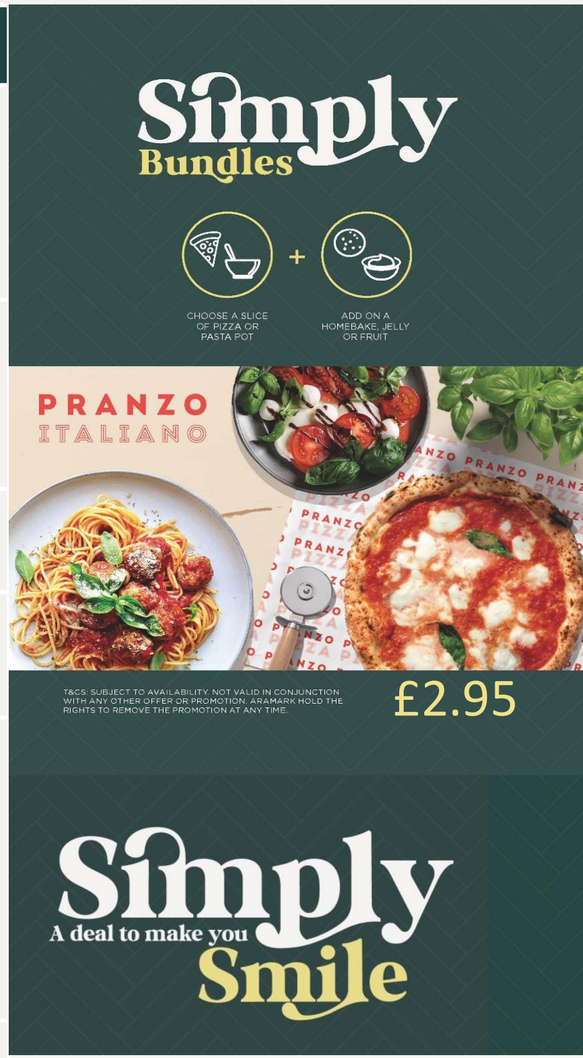
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Lunch

Week Three

	£	Monday	Tuesday	Wednesday	Thursday	Friday
cosy grub club **MEAT/FISH OPTIONS**	£2.75	Chicken & Chickpea Curry with 50/50 Rice	Smashed Beef Burger in a Wholewheat Bun with Skin On Rainbow Wedges	Chicken & Vegetable Pie with New Potatoes,, Roasted Skin on Carrots & Gravy	Sweet & Sour Chicken with Rice	Hand Battered Pollock, Oven Baked Chips & Baked Beans
Be Well. Do Well.™ cosy grub club **MEAT FREE OPTION**	£2.75	Vegetarian Burrito with Oven Baked Wedges	Beans is How Smashed Spicy Bean Burger in a Whole Wheat Bun with Skin On Rainbow Wedges	Vegetable Keema with Rice & Grains	Beans is How Greek Butter Beans with Tomatoes & Kale & Parsley New Potatoes	**Eat Curious** Coconut Tikka Masala with 50/50 Rice
PRANZO ITALIANO	Pasta From £ 2.30 Pizza From £1.50	Wholemeal Pasta with Chef's Choice of Sauces (Food Waste Hero)			Cheese & Tomato Pizza 50/50 Focaccia	
		Meatball Pizza 50/50 Focaccia	Pepperoni Pizza 50/50 Focaccia	Ham & Pineapple Pizza 50/50 Focaccia	Spicy Beef & Bean Focaccia	Chicken & Sweetcorn Pizza 50/50 Focaccia
Global Concepts	£3.00	Piri Piri 'No' Chicken Rice Box	Chicken & Sweetcorn Meatball, mint yoghurt Flatbread	Sweet Potato, Orange & Coconut Curry with Lemon Rice	Sri Lankan Squash Burrito with Rooty Veg Slaw	New York Buffalo Chicken or Buffalo Cauliflower with Rice, Sriracha, Mint Yoghurt & Crispy Shallots



Available Daily: Fresh Vegetables, Baked Potatoes, Freshly Made Sandwiches, Wraps, Baguettes, Pasta Pots, Fruit & Dessert Pots

Allergies: Please speak to a member of our team if you have an allergy & need to know what's in our food so we can advise you on your available choices.

Amery Hill

Price List

MID-MORNING

Breakfast Muffins	**£1.75**
Hash Browns	**£1.00**
Waffle	**£1.25**
Pain au Chocolat	**£1.10**
Cinnamon Swirl	**£1.50**
Cinnamon Pretzel	**£1.50**

RETAIL LINES

Flavoured Water	**£1.25**
Water	**£1.00**
Selection of Juices	**£0.85**
Flavoured Milk	**£1.00**
Popchips	**£1.50**
Eat Real Crisps	**£1.65**
Popcorn	**£1.10**
Rice Cakes	**£1.65**

SWEET & SAVOURY

Panini	**£2.30**
Freshly Made Sandwiches	**from £1.65**
Freshly Made Baguettes	**from £2.20**
Dessert Pots	**£0.80**
Fresh Fruit Pots	**£1.00**
Home Bakes	**£1.00**
Cookie	**£0.90**

Available daily: Freshly prepared food, snacks and drinks

Allergies: Please speak to a member of the team for advice.

JANUARY















Theme Days
Veganuary
Join 600,000 other people who are opting meat free at least one day a week this January.

Chef/ Food Events
Chinese New Year
Celebrate Chinese New Year with Asian favourites and dishes with a twist!

Eat the Seasons
Seasonal produce
By choosing seasonal ingredients, you will get fresher, sweeter and perfectly ripe produce, as nature intended.

Loyalty Schemes
Veganuary loyalty
Receive a stamp every time that a vegetarian or vegan meal is purchased and fill your loyalty card to get a free main meal.

Customer Engagement
You said, we did
The perfect time to gain feedback after the winter term is over. We want to know what students would like to see.

Health & Wellbeing
Eat Well
This month we focus on the Eat Well Wellbeing in Focus pillar with produce seasonality.

FEBRUARY

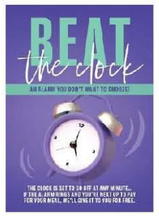




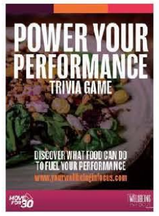












Theme Days
Pancake day
Sweet or savoury? How do you like yours? We've got you covered this pancake day!

Chef/ Food Events
Pizza Day
One of the most loved foods around the world, it would be rude not to celebrate it!

Eat the Seasons
Seasonal produce
By choosing seasonal ingredients, you will get fresher, sweeter and perfectly ripe produce, as nature intended.

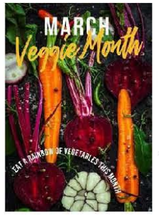
Loyalty Schemes
Beat The Clock
If the alarm rings and you're next up to pay for your meal, we'll give it to you for free!

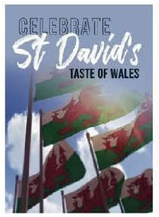
Customer Engagement
Wellbeing workshop
A great opportunity to take our 'Power Your Performance' trivia game to discover what food can do to fuel performance

Health & Wellbeing
Move for 30
This month's campaign centres around the 'Perform Well' pillar and focuses on the launch of our physical activity campaign.

MARCH



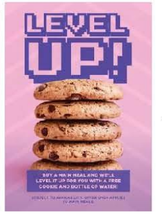












Theme Days
St Patrick's day
Celebrating the best of Irish cuisine with hearty favourites and themed bakes!

Chef/ Food Events
Pie Week
There's not much better than a good old traditional pie! Celebrate pie week in our restaurants.

Eat the Seasons
Seasonal produce
By choosing seasonal ingredients, you will get fresher, sweeter and perfectly ripe produce, as nature intended.

Loyalty Schemes
Level Up!
Buy a main meal and we'll level it up with a free bottle of water and cookie!

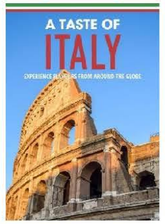
Customer Engagement
Wellbeing workshop
A great opportunity to take our Hydration trivia game to discover what food can do for you.

Health & Wellbeing
Eat Well
This month we focus on the Eat Well Wellbeing in Focus pillar and focuses on 'Spring Boost'.

APRIL

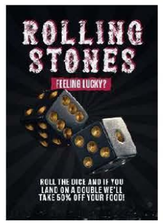
















Theme Days
Easter
A true chocolate lovers' holiday, this is the perfect excuse to overindulge.

Chef/ Food Events
A taste of Italy
Italian food is one of the most loved around the world. Time to celebrate than with pizza and pasta!

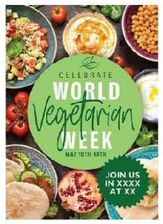
Eat the Seasons
Seasonal produce
By choosing seasonal ingredients, you will get fresher, sweeter and perfectly ripe produce, as nature intended.

Loyalty Schemes
Rolling Stones
Roll the dice and if you land on a double, we'll take 50% off your food!.

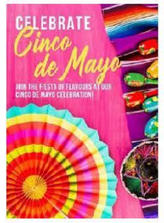
Customer Engagement
You said, we did
The perfect time to gain feedback ahead of the Summer Term starting.

Health & Wellbeing
Eat Well
This month we promote a flexitarian diet to help achieve a more climate friendly diet.

MAY















Theme Days
Cinco De Mayo
The rise of Mexican food continues to grow across the UK, why not celebrate with a taco?

Chef/ Food Events
Coronation
Celebrate the best of British bakes that are fit for a king or queen!

Eat the Seasons
Seasonal produce
By choosing seasonal ingredients, you will get fresher, sweeter and perfectly ripe produce, as nature intended.

Loyalty Schemes
Vegetarian loyalty
To tie in with World Vegetarian week we're relaunching the Vegetarian loyalty card!

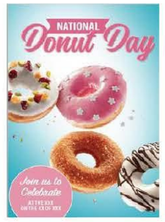
Customer Engagement
Wellbeing workshop
Looking at the importance of moving for 30 minutes a day and the benefits on our wellbeing.

Health & Wellbeing
Move for 30
This month we focus on the Move for 30 Wellbeing in Focus pillar with yoga and stretching.

JUNE















Theme Days
National Picnic Week
A perfect excuse to get outside and make the most of the summer sunshine.

Chef/ Food Events
Donut day
The first Friday in June is annually celebrated as National Donut day.

Eat the Seasons
Seasonal produce
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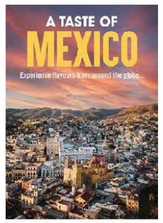
Loyalty Schemes
Beat the Clock
If the alarm rings and you're next up to pay for your meal, we'll give it to you for free!

Customer Engagement
Think Well Recipe Cards
Recipe cards available for students, highlighting the importance of eating food to fuel our wellbeing.

Health & Wellbeing
Think Well
Take 15 everyday this month for your mental wellbeing

JULY



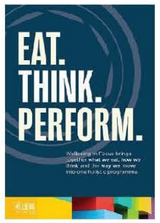














Theme Days
Fourth of July
A day to celebrate good old fashioned American diner classics, nothing beats an American style burger!

Chef/ Food Events
A taste of Mexico
From sizzling fajitas to loaded tacos, topped your way

Eat the Seasons
Seasonal produce
By choosing seasonal ingredients, you will get fresher, sweeter and perfectly ripe produce, as nature intended.

Loyalty Schemes
Loyalty Reminder
Reminding students that loyalty cards will expire at the end of the year and to redeem their free meals in July!

Customer Engagement
You said, we did
The perfect time to gain feedback at the end of the academic year, ready to shape our plans for September

Health & Wellbeing
Wellbeing in focus
A wrap up of all the Wellbeing in Focus initiatives that we have run throughout the year!

AUGUST

SUMMER BREAK

SEPTEMBER















Theme Days
New term 'freshers'
Each year we launch a freshers campaign to welcome back students and to also ensure we engage with new faces too!

Chef/ Food Events
Zero waste week
We're really passionate about reducing food waste and about taking students on this journey with us.

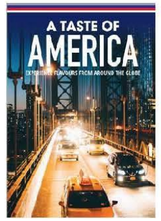
Eat the Seasons
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Loyalty Schemes
Loyalty card
The start of a new year is the perfect opportunity to launch a new loyalty card to students

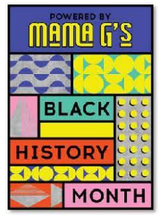
Customer Engagement
New term promotions
Welcome back offers and loyalty promotions so that students get to know the catering services.

Health & Wellbeing
Wellbeing in focus
A perfect opportunity to run an awareness campaign around our health & wellbeing programme

OCTOBER















Theme Days
Taste of America
A day to celebrate good old fashioned American diner classics, nothing beats an American style burger!

Chef/ Food Events
Street food pop up
We're keen to showcase innovation within the world of food and our street food pop ups are a great way to showcase this

Eat the Seasons
Seasonal produce
By choosing seasonal ingredients, you will get fresher, sweeter and perfectly ripe produce, as nature intended.

Loyalty Schemes
Rolling Stones
Roll the dice and if you land on a double, we'll take 50% off your food!.

Customer Engagement
Take 15 Workshop
Workshop and quizzes around how food can support our mental wellbeing.

Health & Wellbeing
Take 15
Highlighting the importance of 'Taking 15' for our mental health, as we head into the colder months

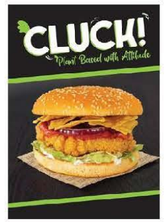
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NOVEMBER













Theme Days
Sandwich week
A week dedicated to celebrating the humble sandwich and all of the wonderful forms they can come in!

Chef/ Food Events
World Vegan day
A day to celebrate vegan food and to showcase the exciting vegan offerings that we have.

Eat the Seasons
Seasonal produce
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Loyalty Schemes
Vegetarian loyalty
To tie in with World Vegetarian week we're relaunching the Vegetarian loyalty card!

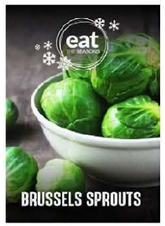
Customer Engagement
World vegan day recipes
We've got some great recipes to share with students that they can try themselves at home!

Health & Wellbeing
Eat Well
This month we take a look at the nutritional benefits of fruit and vegetables.

DECEMBER

















Theme Days
Festive favourites
Christmas is almost upon us, and what better way to celebrate than with some festive favourites with a twist!

Chef/ Food Events
Christmas campaigns
From Secret Santa to our Jingle Bells campaign, December sees us bring some festive cheer in to our restaurants!

Eat the Seasons
Seasonal produce
By choosing seasonal ingredients, you will get fresher, sweeter and perfectly ripe produce, as nature intended.

Loyalty Schemes
12 deals of Christmas
A festive deal or giveaway each day leading up to the Christmas break!

Customer Engagement
Festive Recipe Cards
Some great festive recipe cards to try at home over the Christmas break.

Health & Wellbeing
Wellbeing in focus
A festive edition of Wellbeing in Focus, focusing on taking care of yourself throughout the festive period.