

## Meat Dishes

Bacon and Spaghetti Casserole	£1.05
Beef Lasagne	£1.25
Beef Madras (without rice)	£1.25
Chilli Con Carne (without rice)	£1.25
Chicken Pasta Bake	£1.05
Chicken Pie	£1.15
Ham & Pasta Bake	£1.05
Ham & Sweetcorn Pizza	£1.05
Ham & Pineapple Pizza	£1.05
Hotpot	£1.25
Meatballs in Tomato Sauce	£1.25
Roast of the day (slice of)	£1.45
Savoury Mince	£1.25
Shepherd's Pie	£1.25
Spaghetti Bolognese	£1.25
Spanish Chicken & Rice	£1.25
Steak Pie	£1.25
Sweet and Sour Chicken/Pork/Turkey (without rice)	£1.25
Tikka Masala Chicken/Pork/Turkey (without rice)	£1.25

## Fish

Fried fish (80g portion)	£1.25
Ocean Pie	£1.25
Oven Baked fish (80g portion)	£1.25
Fish Cake (one)	£0.60
Salmon Fillet (56g/2oz)	£1.25
Small Fry	£0.60
Tuna Cheese Pasta	£1.05
Tuna Napolitan	£1.05

## Vegetarian Dishes

Beanburger	£1.05
Cheese Pasta	£1.05
Cheese & Tomato Pizza	£1.05
Mega Macaroni Bake	£1.05
Macaroni Cheese	£1.05
Pasta Twist and Courgette Bake	£1.05
Quorn Dishes	£1.05
Spaghetti Napolitan	£1.05
Spicy Tomato Tagliatelle	£1.05
Sweet and Sour Vegetables	£1.05
Vegetable Curry	£1.05
Vegetable Pizza	£1.05
'Vegemince' Dishes	£1.05

## Meal Deals A

Main Course, Starchy Carbohydrate. Vegetables.	
Dessert or Fresh Fruit or Yoghurt.	£1.90

## Meal Deals B

Main Course, Starchy Carbohydrate. Vegetables.	
Dessert or Fresh Fruit or Yoghurt.	£2.05

## Meal Deals C

Main Course, Starchy Carbohydrate. Vegetables.	
Dessert or Fresh Fruit or Yoghurt.	£2.20



## Starchy Carbohydrates

Boiled Potatoes	£0.45
Chips – (4oz/113g)	£1.05
Mashed Potato - 1 scoop	£0.35
Duchesse Potato	£0.35
Jacket Potato	£0.65
New Potatoes (when available)	£0.50
Roast Potatoes (4oz/113g)	£0.95
Homemade Jacket Wedges	£0.90
Garlic Bread (whole)	£0.80
Garlic Bread (half)	£0.50
Herby Bread	£0.50
Cous-Cous/Pasta/Noodles – 1 serving spoon	£0.50
Bought Sliced Bread (white/wholemeal)	£0.25
Bought Bread Roll/Breadcake – unbuttered	£0.40
Pitta Bread	£0.35
Crusty Roll (petit pain)	£0.35
Bagel	£0.45
Yorkshire Pudding (small individual)	£0.30

## Vegetables and Salads

Baked Beans– 1 large serving spoon	£0.60
Fresh Vegetables- 1 large serving spoon	£0.40
Frozen Vegetables- 1 large serving spoon	£0.35
Marrowfat Peas- 1 large serving spoon	£0.35
Plated Salads	£0.65
Homemade Salad Pots	from £0.90

## Sauces and Accompaniments

Butter Portion	£0.10
Polysaturated Margarine Portion	£0.10
Sauce Sachets-tomato, brown, salad cream, mayonnaise	£0.10

## Salads

Salad Pots	from £1.75
Noodle Pots	from £2.25
Pasta Pots	from £1.80
'Crank's' range Salad Pots	from £2.25

## Hot Snacks

Homemade Soup - 190ml	£0.90
Homemade Soup & Petit Pain Roll	£1.15



## PARTICIPATING SITES

Beverley Leisure Complex  
(01482) 881127

Leisure World, Bridlington  
(01262) 606715

Driffild Sports Centre  
(01377) 257480

Goole Leisure Centre  
(01405) 769005

Haltemprice Leisure Centre  
(01482) 652501

Hornsea Leisure Centre  
(01964) 533366

South Holderness Sports Centre  
(01482) 897609



### Jacket Potato Fillings

#### Cold Fillings

Cottage Cheese (2oz/56g)	£0.60
Grated Cheese (1oz/28g)	£0.45
Grated Cheese (2oz/56g)	£0.60
Coleslaw (2oz/56g)	£0.65
Tuna Mayonnaise (2oz/56g)	£0.80
Chicken Mayonnaise (2oz/56g)	£0.80

#### Hot Fillings

Spaghetti Hoops in Tomato Sauce	£0.60
Baked Beans in Tomato Sauce	£0.65
½ portion Korma/Madras/Tikka	£0.80
½ portion of Savoury Mince	£0.80
½ portion of Chilli Con Carne	£0.80

### 'Take 4' Sandwich Grab Bags

Standard Take 4 Grab Bag	£2.20
Take 4 Extra Grab Bag	£2.60

### Bought in Paninis and Toasties

	Full Panini	Half Panini
Smoked Ham, Mixed Cheese & Tomato in a Provencal Sauce.	£2.25	£1.35
Ham & Cheddar Cheese	£1.95	£1.20
'Crank's' – The Marguerite	£1.95	£1.20
'Crank's' – The Brie and Easy Brie with Chargrilled Red Peppers & Sunblushed Red Peppers and Sunblushed Red Pepper-Tapanade	£2.25	£1.35
Tomato & Mozzarella	£1.95	£1.20
Cheese, Tomato & Red Onion	£1.95	£1.20
Chargrilled Vegetables and Fresh Rocket Pesto	£1.95	£1.20
Chicken and Bacon	£1.95	£1.30
Sliced Chicken with Mediterranean Vegetables and Siciliano Pesto	£2.05	£1.30
Tuna Provencal	£2.05	£1.30
Dolphin Friendly Tuna, Cheddar and Red Onion	£2.05	£1.30
Scrambled Egg, Sweet Cured Bacon, Cheese and Chestnut Mushrooms	£2.15	£1.35
Steak with Mustard, Roast Onions and Cheddar Cheese	£2.15	£1.35

### Toasties Range

	Full Toasties
Smoked Ham and Cheese	£1.85
'Crank's' – Nice and Cheesy	£1.85



### Price banding for pre-prepared sandwiches

Band A	£1.20
Band B	£1.30
Band C	£1.35
Band D	£1.40
Band E	£1.60
Band F	£1.70
Band G	£1.80
Band H	£1.90
Band J & K	£2.00
Band L	£2.30

### Desserts, Fruit and Traybakes

Milk Puddings – all varieties/Biscuits/Cookies (homemade)/Baked Sponges/Gingerbread/Steamed Sponge/Fruit Pie/Fruit Crumble/Fruit Muffins/Fruit Scones/Bakewell Tart/Flapjack – all varieties/Banana Bread/Carrot Cake/Chocolate Crackle/Crunch/Oat Delight/Iced Cornflake Special/Shortcake – all varieties/Oaty Apricot Square/Swiss Roll/Chelsea Bun/Lemon Finger/Apricot Swirl Dessert and Custard	all £0.75
Frozen Yoghurts	£0.55
Yoghurt Pots	£0.60
Muller Yoghurts, Rice Pots	£0.70
Fruit & Jelly Pot	£0.70
Fresh Fruit Pots	£0.70
Tinned Fruit Pots	£0.70
Fresh Fruit	from £0.30

### Hot and Cold Drinks

Bottled Mineral Water – 330ml	£0.50
Bottled Mineral Water – 500ml	£0.65
Fresh Milk (half pint)	£0.50
Fresh Flavoured Milk (12 fl oz cup)	£0.60
Fresh Milk (12 fl oz cup)	£0.55
Fruit Juice in carton	£0.55

### In Cup Drink

Tea	£0.50
Hot Chocolate	£0.55
White Coffee	£0.50
Cappuccino	£0.55
Aquajuce – 185ml	£0.45
Aquajuce – 330ml	£0.65
Aquajuce – 500ml	£0.95
Fairtrade Fruit Juice – 200ml	£0.55
Fairtrade Fruit Juice – 500ml	£0.95
Ribena 'Juiced Up' – 180ml	£0.65
Suso drink range – 250ml	£0.70

#### Please Note: Prices correct as of 01/09/10

The Price List is the complete range available to your schools catering service, not all products & dishes will be available on a daily basis. Individual schools reserve the right to serve a selection from this list each day.



# PRICE LIST & MENU

