

▼ **Overlay - Secondary Main Summer 25/26 Cowley High - 1**

Monday 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3
Mains	Mains	Mains	Mains	Mains
Beef Chilli Con Carne ()	BBQ Pulled Chicken Slider ()	Pork Sausage Dinner - Secondary ()	Chicken Tikka Masala ()	Fish Finger Sandwich / Slider ()
Sweet & Sour Quorn ()	Tomato & Mozzarella Pasta ()	Veggie Sausage ()	Vegan Sausage Roll ()	Southern Fried
Spud Special - Plain ()	Garlic Butter Corn Cob ()	Pork Sausage Roll / Barm - Secondary ()	Spud Special - Plain ()	Chicken Strips - SECONDARY 1 ()
Chinese Chicken Drumsticks ()	Bacon & Cheese Loaded Wedges ()	Pork Sausage Roll ()	Loaded Pepperoni PIZZA 1 ()	Southern Fried
Cheese Omelette ()	Sweet Chilli Chicken Wrap - Secondary ()	Tomato & Mozzarella Panini Rounds ()	5" Cheese & Tomato Pizza & SEC Pizza 2 ()	Chicken Strips = Secondary 2 ()
Accompaniments	Accompaniments	Accompaniments	Deep Pan Margherita Pizza - SEC Pizza 3 ()	Southern Fried
Seasonal Veggies - (Summer) ()	Corn Cob ()	Mashed Potato ()	Stone Baked Margherita Pizza - SEC Pizza 4 ()	Chicken Burger - Secondary ()
Fluffy Rice - Side ()	Desserts	Seasonal Veggies - (Summer) ()	Meat Supreme Pizza Sub - SEC PIZZA 5 ()	Spicy Corn Fritter Bites ()
Desserts	Chocolate Brownie - McDougalls ()	Gravy ()	Classic Veggie Dog ()	Nachos w/ Cheese & Salsa ()
Tropical Fruit Salad ()		Desserts	Accompaniments	Accompaniments
		Cheesecake Pudding ()	Garlic & Herb Potatoes ()	Chips ()
			Seasonal Veggies - (Summer) ()	Garden Peas ()
			Desserts	Desserts
			Golden Flapjack Slice - McDougalls ()	Summer Fruits & Ice-Cream ()

Price List

Hot Food

The Main Event	£2.35
Main Event Meal Deal (Main, Dessert, 500ml Water)	£2.60
Grab Go Gone	£1.50 £1.85 £2.20 £2.50
Chips (Friday Only)	£1.80
Sauce/Dip Extra	£0.10
Gravy/Curry Extra	£0.40
Pasta King REG	£2.10
Pasta King LRG	£2.40

Dessert

Piece of Fruit	£0.55
Individual Yoghurt	£0.80
Cookie/Biscuit	£0.80
Brownie/Cake	£0.90
Dessert of the Day	£1.40
Fruit Bag/Pot	£1.00
Belgian Waffle	£0.95
Mini Biscuit Pack	£0.60
Push Ice Lolly	£1.60
Jelly Pot	£0.90
Ice - Cream Pot	£0.80

Cold Food

Bread Roll	£0.50
Packaged Sandwich/Wrap/ Roll/Jumbo Roll	£1.75/£2.20/£2.25
Fresh Garden Salad	£1.20
REG. Cold Pasta/Salad (x1 Protein Filling)	£1.80
LRG. Cold Pasta/Salad (x1 Protein Filling)	£2.20
Plain Pasta	£1.30
EXTRA Protein Filling	£1.20
EXTRA Cheese Filling	£0.75

Drinks

Milkshake 200ml	£0.80
(Can) Water 330ml	£0.80
Juice Drink 150ml - 200ml	£0.65
(Can) Radnor 330ml	£0.90
Milk 568ml	£1.00
Hot Chocolate	£1.40

Break

Fruit Bag/Pot	£1.20
Dried Fruit Snack	£0.45
Bacon Roll/Sausage Roll	£1.90
Bacon & Egg Baguette	£2.60
Cheese & Egg Muffin	£2.00
Bacon on Toast - x2 Slice	£2.20
Cheese on Toast - x1 Slice	£1.20
Toast (per slice)	£0.30
Toasted Bagel (1/2)	£0.50
Toasted Bagel	£0.85
Toasted Teacake	£0.80
American Pancakes x1 (plain)	£0.85
American Pancakes x1 (x1 Topping)	£1.20
Belgian Waffle	£0.95
Cinnamon Bun	£2.00
Baked Pretzel	£2.20
Piece of Fruit	£0.55
Individual Yoghurt	£0.80



COWLEY
INTERNATIONAL COLLEGE



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BOROUGH COUNCIL