

# EAT SMART

	Students	Staff		Students	Staff
<b>Fruit Pots</b>	£1.10	£1.40	<b>Salads</b>		
<b>Melon Pots</b>	£1.10	£1.40	<b>Tuna &amp; Sweetcorn Pasta Salad</b>	£2.25	£2.75
<b>Yoghurt Plain or Flavoured/Fruit Purees</b>	£1.10	£1.40	<b>Margherita Pasta Salad</b>	£1.90	£2.45
<b>Overnight Oats or Porridge</b>	£1.00	£1.25	<b>Five Bean &amp; Spiced Lentil Salad (Vg)</b>	£1.90	£2.45
<b>Cereals &amp; Milk</b>	£1.20	£1.50	<b>Cheese/Tuna/Meat Salad</b>	£2.15	£2.75
<b>Beans on Toast</b>	£1.00	£1.25	<b>Meat/Fish/Vegetarian - Noodle Salad</b>	£2.15	£2.75
<b>Hummus Pots Pitta Crisp/Veg Sticks</b>	£1.10	£1.35			
<b>Baked Waffle 55g</b>	£1.25	£1.55	<b>Sandwiches</b>		
<b>½ Toasted Muffin</b>	60p	75p	<b>Bread</b>	£1.80	£2.20
<b>½ Toasted Crumpet</b>	50p	65p	<b>Naan</b>	£2.10	£2.55
<b>½ Toasted Teacake</b>	45p	60p	<b>Wraps (Cold)</b>	£1.90	£2.30
<b>½ Toasted Bagel</b>	50p	65p	<b>Wraps (Hot)</b>	£2.10	£2.55
<b>½ Toasted Filled Bagel</b>	90p	£1.20	<b>Baguettes (Cold)</b>	£2.00	£2.50
<b>Breakfast Pizza Slice</b>	£1.20	£1.50	<b>Baked Italian Soft Breads</b>	£2.20	£2.70
<b>Breakfast Pizza Wrap</b>	£1.20	£1.50			
<b>Cheese &amp; Bean Wrap</b>	£1.30	£1.60	<b>Puddings &amp; Treats</b>		
<b>Cheese on Toast or Pizza Toast</b>	£1.00	£1.25	<b>Hot Sweet of the Day with Custard</b>	85p	£1.10
<b>Vegan Sausage Roll (Once Per Week)</b>	£1.40	£1.75	<b>Jelly Pots</b>	65p	85p
<b>Sausage Roll (Once Per Week)</b>	£1.30	£1.60	<b>Cookies</b>	65p	85p
<b>Bacon Sandwich (Once Per Week)</b>	£1.60	£1.95	<b>Muffins/ Traybakes / Cake Slices</b>	90p	£1.20
<b>Sausage Sandwich (Once Per Week)</b>	£1.60	£1.95	<b>Skinny Popcorn</b>	£1.15	£1.40
<b>Croissant</b>	£1.00	£1.25	<b>Cheesecake</b>	£1.00	£1.25
<b>Jam &amp; Spread</b>	20p	30p	<b>Instant Delight</b>	£1.00	£1.25
<b>Sauce Portion</b>	15p	20p	<b>Fresh Fruit</b>	60p	75p
			<b>Fruit Pots</b>	£1.10	£1.40
<b>Lunch</b>			<b>Baked Doughnuts</b>	£1.00	£1.25
<b>Pizza Slice</b>	£1.20	£1.50	<b>Iced Fingers</b>	85p	£1.10
<b>Large Pizza Slice</b>	£1.80	£2.25			
<b>Jacket Potato &amp; Side Salad</b>	£1.30	£1.60	<b>Hydration</b>		
<b>Jacket Potato with 1 Filling &amp; Salad</b>	£1.85	£2.10	<b>Harrogate Water 330ml</b>	60p	80p
<b>Jacket Potato Cheese &amp; Beans</b>	£2.15	£2.75	<b>Harrogate Water 500ml</b>	90p	£1.10
<b>Jacket Potato Topped with Main Dish</b>	£2.15	£2.75	<b>Fresh Ice-Cold Milk 250ml</b>	60p	80p
<b>Jacket Potato with Tuna &amp; Salad</b>	£2.25	£2.80			
<b>Extra Jacket Fillings</b>	60p	75p	<b>Mont Dais (All Come with Fresh Fruit, Jelly, or Cookie)</b>		
<b>Hot Pasta Pots with Sauce or Main Dish</b>	£2.15	£2.75	<b>Main Meals</b>	£2.54	£3.30
<b>Chipped Potatoes or Jacket wedges</b>	£1.20	£1.50	<b>Hot Pasta Dish of the Day</b>	£2.54	£3.30
<b>Main Dishes</b>	£2.15	£2.75	<b>Baguette (Cold)</b>	£2.54	£3.30
<b>Portion Veg/Baked Beans or Hot Sauces</b>	60p	75p	<b>Baked Italian Soft Breads</b>	£2.54	£3.30
			<b>Salad Pots</b>	£2.54	£3.30
			<b>Jacket Potato Cheese &amp; Beans</b>	£2.54	£3.30
			<b>Jacket Potatoes with the Main Dish</b>	£2.54	£3.30
			<b>Medium Pizza Slice with Chips or Wedges</b>	£2.54	£3.30

**If you have any allergen or dietary requirements  
please see the Catering Manager**

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## DRINKS TARIFF

(PFI SITES)

	Students	Adults
Harrogate Water 330ml	70p	85p
Harrogate Water 500ml	90p	£1.10
Radnor 125ml Orange 50%	60p	75p
Radnor 125ml Apple 50%	60p	75p
Radnor 125ml Forest Fruits	60p	75p
Radnor 200ml Raspberry Cherry	90p	£1.10
Radnor 200ml Orange	90p	£1.10
Radnor 200ml Apple	90p	£1.10
Radnor 200ml Forest Fruits	90p	£1.10
Radnor 45% Can Lime	£1.45	£1.75
Radnor 45% Can Cherry & Vanilla	£1.45	£1.75
Radnor 45% Can Orange Mango	£1.45	£1.75
Radnor 45% Can Apple & Raspberry	£1.45	£1.75
Radnor 45% Can Forest Fruits	£1.45	£1.75
Radnor Fizz Apple 330ml	£1.10	£1.35
Radnor Fizz Sour Cherry 330ml	£1.10	£1.35
Radnor Fizz Forest Fruits 330ml	£1.10	£1.35
Juice Burst Apple	£1.80	£2.15
Juice Burst Apple & Blackcurrant	£1.80	£2.15
Juice Burst Orange & Passionfruit	£1.80	£2.15
Juice Burst Watermelon & Passionfruit	£1.80	£2.15
Orchard 100% Apple	£1.00	£1.25
Orchard 100% Orange	£1.00	£1.25
Capri Sun Tropical	£1.10	£1.35
Capri Sun Blackcurrant	£1.10	£1.35
Viva Milk Strawberry	£1.30	£1.60
Viva Milk Chocolate	£1.30	£1.60
Viva Milk Banana	£1.30	£1.60
Radnor Splash Lemon & Lime	£1.20	£1.50
Radnor Splash Watermelon	£1.20	£1.50
Radnor Splash Forest Fruits	£1.20	£1.50
Radnor Splash Apple & Raspberry	£1.20	£1.50
Radnor Splash Strawberry	£1.20	£1.50
Hot Chocolate	80p	£1.00
Coffee	80p	£1.00
Tea	80p	£1.00

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