




WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soup 70p Served with bread roll	Carrot & coriander	Spicy tomato & bean	Vegetable (V)(GF)	Leek & potato (V)(GF)	Spicy lentil (V)(GF)
Main meal £1.80 (Halal & non halal) All main meals come with free veg or side salad	Beef bolognese served with pasta, green beans or sweetcorn (GF)	Spicy chicken Or chilli con carne Served with rice & seasonal vegetables (GF)	Roast turkey served with roast potatoes & carrots (GF)	Sweet & sour chicken served with rice and green beans (GF)	Herb dusted oven baked fish served with garden peas (GF)
Vegetarian Main Meal £1.80 All main meals come with free veg or side salad	Spanish Omelette served with green beans or sweetcorn (GF) (V)	Mexican veg with feta Or cheesy salsa nachos served with rice and vegetables or salad (V)	BBQ quorn noodles served with carrots or peas (V)	Cauliflower cheese with crushed nacho topping served with green beans (V)	Smokey bean chilli served with rice, wedges & salad (V)(GF)
Pasta sauces £1.70 & Jacket fillings £1.65 (Halal & non halal) Served with free veg or side salad	Tomato & basil sauce (GF) (V) Cowboy beans (GF)(V)	Tomato & chilli sauce (GF)(V) Mexican chilli con carne (GF)	Tomato & onion (V)(GF) Spicy chicken (GF)	Tomato & oregano (V) (GF) Turkey a la king (GF)	Tomato & mixed herb (V)(GF) Sweet & sour chicken (V)(GF)
Panini £1.75/£1.90 Served with free veg or side salad	Cheese Or Cheese & beans (V)	Cheese Or cheese & salsa (V)	Cheese (V) or Chilli cheese (V)	Cheese (V) or Cheese & pepperoni	Cheese (V) or Cheese & onion (V)
Hot wrap £1.90 (Halal & non halal) Served with free veg or side salad	BBQ chicken (GF) Cowboy beans (GF) (V)	Chilli beef or chicken burrito (GF) Or Cajun spiced vegetables (GF)(V)	Spicy chicken (V)(GF) BBQ roast vegetables (GF)	Hoi sin chicken (GF) Spicy vegetable burrito (V)(GF)	Piri piri chicken (V)(GF) Sweet & sour vegetables (V)(GF)
Pizza or hot sandwich £1.50 Served with free beans, veg or side salad	Pizza Margarita Or Cheese & peppers (GF)(V)	Hot sandwich Cheese or Cheese & beans (V)(GF)	Pizza Margarita or Cheese & onion (V)(GF)	Hot sandwich Cheese or Cheese & peppers (V)(GF)	Hot sandwich Sausage dogs or Beef burger or Veggie burger (V)(GF)
Bake of the day 85p	Fruity flapjack	Cherry muffin	Chocolate brownie	Chelsea bun	Vanilla shortbread
Hot pudding with custard 80p	Chocolate sponge	Marble sponge	Orange & courgette cake	Apple & mixed berry crumble	Banana cake

THE MEXICAN KITCHEN

Plus a selection of dessert pots, mini cookies & mini home bakes

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soup 70p Served with bread roll	Tomato & basil (V)(GF)	Vegetable (V)(GF)	Cauliflower (V)(GF)	Green pea (V)(GF)	Lentil & vegetable (V)(GF)
Main meal £1.80 (Halal & non halal) All main meals come with free veg or side salad	Moroccan chicken tagine served with cous cous, peas & sweetcorn (GF)	Spicy BBQ chicken thigh or drumstick served with rice & green beans (GF) 	Roast turkey served with roast potatoes & carrots (GF)	Pasta al forno served with mixed vegetables (GF)	Tuna pasta bake served with garden peas (GF)
Vegetarian Main Meal £1.80 All main meals come with free veg or side salad	Sweet & sour quorn noodles served with peas & sweetcorn (V)	 Ratatouille served with rice & green beans OR Cheesy wedges & beans (V)(GF)	Butternut squash, chickpea and spinach curry served with rice and carrots (V)(GF)	Mild roast vegetable chilli served with rice and mixed veg (V)(GF)	Cheese & tomato frittata served with garden peas or salad (V)(GF)
Pasta sauces £1.70 & Jacket fillings £1.65 (Halal & non halal) Served with free veg or side salad	Tomato & mixed herbs (V)(GF) Sweet & sour quorn (V)(GF)	Tomato & onion (V)(GF) Spicy chicken (GF)	Tomato & chilli (V)(GF) Italian mixed vegetables (V)(GF)	Tomato & oregano (V)(GF) Vegetable curry (V)(GF)	Tomato & mixed herb (V)(GF) Beef bolognaise (GF)
Panini £1.75/£1.90 Served with free veg or side salad	Cheese (V) Or Cheese & beans (V)	Cheese (V) Or Cheese & tomato (V)	Cheese (V) Or Cheese & onion (V)	Cheese (V) Or Cheese & peppers (V)	Cheese (V) Or Cheese & pepperoni
Hot wrap £1.90 (Halal & non halal) Served with free veg or side salad	BBQ Chicken (GF) Sweet & sour quorn (V)(GF)	Cajun chicken (GF) Tomato & mixed veg (V)(GF)	Chicken tikka (GF) Vegetable burrito (V)(GF)	Italian chicken (GF) Vegetable curry (V)(GF)	Piri piri chicken (GF) Cowboy beans (V)(GF)
Pizza or hot sandwich £1.50 Served with free beans, veg or side salad	Pizza Margarita (V) Or Cheese & pepperoni (GF)	Hot sandwich Cheese Or Chilli cheese (V)(GF)	Pizza Margarita Or Cheese & sweetcorn (V)(GF)	Hot sandwich Cheese Or Cheesy topper (V)(GF)	Hot sandwich Sausage dogs or Beef burger or Veggie burger (V)(GF)
Bake of the day 85p	Lemon muffins	Chocolate shortbread	Cherry muffins	Chocolate muffins	Fruity shortbread
Hot pudding with custard 80p	Sticky chocolate pudding	Oaty peach crumble	Lemon drizzle cake	Apple Pie	Jam & coconut sponge

Plus a selection of dessert pots, mini cookies & mini home bakes

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soup 70p Served with bread roll	Onion & thyme (V)(GF)	Pea & sweetcorn (V)(GF)	Carrot & ginger (V)(GF)	Sweet potato, carrot & squash (V)(GF)	Vegetable (V)(GF)
Main meal £1.80 (Halal & non halal) All main meals come with free veg or side salad	Chicken in black bean sauce served with rice and green beans (GF)	Babotie (South African bake with curried mince) served with mixed vegetables (GF)	Roast turkey served with roast potatoes & peas & carrots (GF)	Caribbean spiced chicken served with rice & peas and steamed veg (GF)	Fish pie topped with creamy mashed potato served with garden peas (GF)
Vegetarian Main Meal £1.80 All main meals come with free veg or side salad	Potato & vegetable bake served with peas & sweetcorn (V)	Macaroni pasta in cheese sauce with a selection of toppings and mixed vegetables (GF)	Spicy bean & vegetable jambalaya served with peas & carrots (V)(GF)	<i>Tastes of The Caribbean</i>  Vegetable coconut curry served with rice & peas and steamed veg (V)(GF)	Broccoli, cheese & chive omelette served with garden peas or salad (V)(GF)
Pasta sauces £1.70 & Jacket fillings £1.65 (Halal & non halal) Served with free veg or side salad	Tomato & basil (V)(GF) Chinese spiced chicken (GF)	Tomato & herb (V)(GF) Cauliflower cheese (V)(GF)	Tomato & oregano (V)(GF) Cowboy beans (V)(GF)	Tomato & onion (V)(GF) Vegetable curry (V)(GF)	Tomato & mixed herb (V)(GF) Spicy chicken (GF)
Panini £1.75/£1.90 Served with free veg or side salad	Cheese (V) Or Cheese & beans (V)	Cheese (V) Or Cheese & pepperoni (V)	Cheese (V) Or Cheese & onion (V)	Cheese (V) Or Cheese & peppers (V)	Cheese (V) Or Cheese & tomato (V)
Hot wrap £1.90 (Halal & non halal) Served with free veg or side salad	Chicken piri piri (GF) Spicy quorn (V)(GF)	BBQ chicken (GF) Ratatouille (V)(GF)	Chicken tikka (GF) Vegetable curry (V)(GF)	Cajun chicken (GF) Vegetable & bean burrito (V)(GF)	Spicy chicken (GF) Cowboy beans (V)(GF)
Pizza or hot sandwich £1.50 Served with free beans, veg or side salad	Pizza Margarita Or Cheese & sweetcorn (V)(GF)	Hot sandwich Cheese & tuna Or Cheese (V)(GF)	Pizza Margarita (V) Or Cheese & pepperoni (GF)	Hot sandwich Cheese & peppers Or Cheese (V)(GF)	Hot sandwich Sausage dogs or Beef burger or Veggie burger (V)(GF)
Bake of the day 85p	Chocolate muffin	Crispy cake	Chocolate brownie	Fruity flapjack	Vanilla shortbread
Hot pudding with custard 80p	Pineapple upside down cake	Cherry & apple crumble	Orange & courgette cake	Apple & mixed berry crumble	Banana cake

Plus a selection of dessert pots, mini cookies & mini home bakes

Autumn 2 Promotions

	November	December
Destination Day	Tuesday 24 th November Taste of USA – Thanksgiving	Thursday 21 st December Taste of Christmas
Did you know.....?	Tuesday 7 th November Morning break: Apple and orange smoothie bars	Monday 11 th December Hot Chocolate Day Free hot chocolate at 8am breakfast
Events Day	Thursday 9 th November Lunch break: Applejack and apple pie tasters	11 th -22 nd December Christmas special menu Quizzes and prizes
What's in season and food facts	Apples	Brussel sprouts
Impulse promotion	Free water or dessert with sandwich special One day only (date tbc)	Meal Deal – Any meal, any drink and any dessert One day only (date tbc)

Meal Deals - £2.40



BEST
VALUE

Hot Meals

- Any main meal
- Hot dessert or any mini home bake or mini dessert pot or biscuit
- Bottle of water or calypso cup 185ml

Grab & Go Sandwich

- Any pre packed sandwich
- Any mini home bake or mini dessert pot or biscuit
- Bottle of water or calypso cup 185ml

Soup meal deal

Soup of the day
with a bread roll
£0.70

Soup of the day
with a slim sandwich
£1.00

Please ask a member of staff for our gluten free & vegan options

Morning Break

Available daily

Toast	£0.35
Hash browns	£0.35
Cheese on toast	£0.85
Bagels	£0.85
Half hot baguette	£1.00
Tea cake	£1.00
Bacon or egg barm	£1.00
Porridge (made with soya milk)	Free
Fruit	Free

Daily specials

Monday

Sausage dogs or spicy wedges £1.00

Tuesday

Tortilla chips & sauce or popcorn £0.80

Wednesday

2 x Pancakes £1.10

Thursday

Noodles or pasta pots £1.00

Friday

Croissants or waffles £1.05

Please ask a member of staff for our gluten free & vegan options

Starlight Cafe

at Chorlton High School

All Meal Deals	£2.40	Grab & Go Meal Deal	£2.40
<i>Any main, dessert & carton drink or bottle of water</i>		<i>Sandwich, dessert & carton drink or bottle of water</i>	
Main meal	£1.80	Slim egg sandwich	£0.50
Pasta & topping	£1.70	Basic egg sandwich	£1.00
Garlic bread	£0.45	Sandwiches	£1.60
Pizza	£1.50	Baguette	£1.85
Hot wrap	£1.90	Shaker salad	£1.55
Jacket potato	£0.70	Fruit pot - 4oz	£0.45
Jacket with filling	£1.65	Fruit pot - 7oz	£0.85
Baked beans	£0.50	Dessert pot - 4oz	£0.45
Additional fillings	£0.65	Dessert pot - 7oz	£0.85
Potato wedges	£1.00	Home bake mini	£0.45
Soup with bread roll	£0.70	Home bake	£0.85
Hot dessert & custard	£0.80	Biscuits	£0.45
		Cookies	£0.75

Note all of the above come with complimentary vegetables or side salad. Meal deal dessert is one of: hot dessert & custard, mini home bake, biscuit or mini dessert pot.

Meal deal dessert is one of: mini home bake, biscuit or mini dessert pot.

Break time snacks		Drinks	
Teacakes	£1.00	Water (2 for £1)500ml	£0.70
Plain Bagel	£0.85	Calypso cup 185ml	£0.50
Hash brown	£0.35	Fresh juice carton 200ml	£0.75
Croissants	£1.05	Milk shake	£0.70
Bacon barm	£1.00	Capri Sun	£0.80
Cheese on toast	£0.85	Juice cuplet 85ml	£0.40
Toast	£0.35		
Fresh fruit	free		
Porridge	free		