FLEXI FOOD PLAN

Why choose our Flexi Food Plan?

Choice
A variety of choice on your doorstep

Good value
Get 10% off all your purchases, the cheapest way to eat on campus

Healthy eating
Hot meals freshly made on campus by our chefs, with lots of vegetarian options

Save time
Less time cooking, more time socialising and studying

Easy access
Available through the app or student card

Flexible
Dine wherever, and whenever it suits you

Affordable
The cheapest way to eat on campus

so much choice on your doorstep
Where to eat on campus

There is a wide range of outlets across campus where you can enjoy a variety of food, offering hot and cold daily specials, freshly made on campus by our chefs, with lots of vegan and vegetarian options to choose from. Flexi Food Plan gives you 10% off in all of these outlets.

1. **Sydney Jones Café** 8.30am to 6pm. Sandwiches, paninis, salads, cakes, snacks.
2. **Life Science Café** 8.30am to 4pm. Sandwiches, sushi, paninis, pasties, cakes, snacks.
3. **Chemistry Café** 8am to 2.30pm. Sandwiches, paninis, pastries, cakes, snacks.
4. **Bertie & Bellas** 10.30am to 6.30pm. Daily specials, Asian snacks, from the grill, burgers and wings, poke grain bowls.
5. **Eleanor Rathbone Café** 9am to 3.30. Sandwiches, paninis, cakes, snacks.
6. **Management School Café** 8am to 3pm. Breakfast barns, pasties, sandwiches, paninis, salads, cakes.
7. **The Courtyard** 8am–8pm weekday, 12pm to 8pm weekend. Selection of breakfasts, burritos, street food, hot specials, jackets, salad bar, sandwiches, cakes, snacks.
8. **Fröhlich Café and Bar** 8.30 to 5pm. Sandwiches, pastries, cakes, snacks.
9. **Law & Social Justice Café** 8.30am to 3pm. Sandwiches, toasties, paninis, cakes, snacks.

Example menu

This is a sample menu of the varied meals you could expect to receive with your Flexi Food Plan, and 10% saving.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td><strong>Tuesday</strong></td>
<td><strong>Wednesday</strong></td>
</tr>
<tr>
<td>Tea and toast</td>
<td><strong>Fully loaded breakfast barn</strong></td>
<td>Croissant and tea</td>
</tr>
<tr>
<td>Campus cafés</td>
<td>The Courtyard</td>
<td>Campus cafés</td>
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<tr>
<td><strong>Thursday</strong></td>
<td><strong>Friday</strong></td>
<td><strong>Saturday</strong></td>
</tr>
<tr>
<td>Porridge</td>
<td>Veggie sausage barn</td>
<td>Cereal at home</td>
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<tr>
<td>Campus Cafés</td>
<td>The Courtyard</td>
<td>Freshly made sandwich</td>
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<tr>
<td><strong>Sunday</strong></td>
<td></td>
<td><strong>Sunday</strong></td>
</tr>
<tr>
<td>Cereal at home</td>
<td>Loaded fries</td>
<td>Cereal at home</td>
</tr>
<tr>
<td>The Courtyard</td>
<td>The Courtyard</td>
<td>The Courtyard</td>
</tr>
</tbody>
</table>

Manage your money

£77 weekly allowance, giving you a daily budget of £11 to spend on food and drink.

You will receive a 10% discount on all your purchases in our outlets.

Weekly budget

We cater for food allergies, intolerances, special diets, and religious diets. Allergen information is available in all our outlets.

The Flexi Food Plan is available during term time only and will not be available on the following days:
- Christmas closure - 16th December – 3rd January
- Easter – 7th April to 25th April
- End Date - 30th May 2025

Freshly made on campus