

Week 1	Main Course & Sweet Treat £2.80	Vegetarian	Available Daily		
Monday	<p><u>Roast Chicken Dinner</u> (<i>Wheat, Soya, Milk, May contain Egg, Mustard</i>) Slices of chicken breast served with gravy, stuffing, baton carrots, peas, roast & creamed potatoes</p> <p>Or</p> <p><u>Beef Stir Fry & Garlic Bread</u> (<i>Wheat & Soya Bean, May also contain traces of nuts and milk</i>) Strips of beef stir fried with peppers, onions, corn & soy sauce. Served with noodles & garlic bread</p>	<p><u>Cheese & Tomato Omelette</u> (<i>Egg & Milk</i>) Served with Green Salad & baked potato</p>	<p><u>Cold Salad Bar</u> SALAD BOXES from £3.00</p> <p>1. Choose 3 Salads Lettuce, Tomato, Peppers, Red onion, Sweetcorn, Coleslaw, Potato Scallion Salad, Honey Mustard, Potato Salad, Sweet Chilli, Pasta Salad, Sweet Chilli Noodle Salad</p> <p>Extra Salad.....50p each</p> <p>2. Choose 1 Favourite Bacon, Ham, Roast Chicken, Southern Fried Chicken, Honey Chicken Strips, Cajun Spiced Chicken Mayo, Tuna Mayo, Grated Cheese</p> <p>Extra Favourite.....80p each</p> <p>3. Add Dressing or Sauce Mayonnaise, Sweet Chilli Mayo, Taco Sauce, Tikka Mayo, Sweet Chilli Sauce</p> <p>Small Pots £1 each, Choose 2 from Coleslaw Potato Scallion Salad Sweet Chilli Pasta Salad Honey Mustard Potato Salad Sweet Chilli Noodle Salad</p>		
Tuesday	<p><u>Spaghetti Bolognese</u> (<i>Wheat, Eggs, Soya Bean, Mustard, Lupin May contain Nuts and Milk</i>) Lean Mince cooked in onion, garlic, tomatoes & herbs tossed in herbs with Garlic bread</p> <p>Or</p> <p><u>Chicken & Ham Crumble</u> (<i>Wheat & Milk</i>) Diced chicken breast & ham mixed with white sauce & topped with wholemeal crumbs served with mixed vegetables, florets of broccoli & garlic potatoes</p>	<p><u>Pasta & Broccoli Bake</u> (<i>Milk & Gluten</i>) Served with mixed vegetables & garlic potatoes</p>	<p><u>Cold Sandwich Bar</u> SANDWICHES from £3.00</p> <p>1. Choose from White Bread, Brown Bread, Wrap, Ciabatta, Baguette</p> <p>2. Choose from 3 Salads Lettuce, Tomato, Peppers, Red onion, Sweetcorn, Coleslaw & Sliced Boiled egg</p> <p>Extra Salad.....50p each</p> <p>3. Choose 1 Favourite Bacon, Ham, Roast Chicken, Southern Fried Chicken, Cajun Spiced Chicken Mayo, Tuna Mayo, Honey Chilli Chicken</p> <p>Extra Favourite...80p each</p> <p>4. Add Dressing or Sauce Sweet Chilli Sauce, Mayo, Sweet Chilli Mayo, Taco Sauce, Tikka Mayo</p>		
Wednesday	<p><u>Nasi Goreng</u> (<i>Soya, Wheat, Mustard, Celery & Gluten Milk</i>) Thinly sliced succulent chicken breast & lean bacon mixed with boiled rice & spices served with naan bread</p> <p>Or</p> <p><u>Stuffed Beef Olives</u> (<i>Gluten Wheat, Milk Soyabean</i>) Lean steak stuffed with homemade stuffing, braised in a beef stock & served with green beans, champ & gravy.</p>	<p><u>Vegetable Kebab</u> (<i>Gluten</i>) Served with salsa & rice</p>	<p>3. Add Dressing or Sauce Mayonnaise, Sweet Chilli Mayo, Taco Sauce, Tikka Mayo, Sweet Chilli Sauce</p>		
Thursday	<p><u>Pasta Bolognese & Garlic Bread</u> (<i>Gluten, Wheat & Milk Eggs, Soya Beans, Mustard, Lupin May contain traces of Nuts</i>) Lean mince cooked with onions, herbs, garlic & chopped tomatoes mixed with fusilli pasta and topped with parmesan cheese</p> <p>Or</p> <p><u>Sweet 'n' Sour Pork & Rice</u> (<i>Gluten</i>) Lean Pork pieces braised with onion & sweet 'n' sour sauce & served with rice.</p>	<p><u>Cheese & Tomato Panini</u> (<i>Milk, Gluten, Sesame Seeds</i>) Served with pasta salad</p>	<p>4. Add Dressing or Sauce Sweet Chilli Sauce, Mayo, Sweet Chilli Mayo, Taco Sauce, Tikka Mayo</p>		
Friday	<p><u>Battered Cod & Parsley Sauce</u> (<i>Fish, Gluten, Wheat & Milk</i>) Fresh fillets of cod in a lightly, fluffy batter with parsley sauce, peas, sweetcorn & champ</p> <p>Or</p> <p><u>Chicken Goujons</u> (<i>Gluten, Wheat & Milk</i>) Served with coleslaw & garlic bread</p>	<p><u>Stuffed Pepper</u> (<i>Milk & Gluten</i>) Served with coleslaw & mashed potatoes</p>	<p>Homemade vegetable soup & crusty roll (Wheat, Milk, Barley) Homemade potato & leek soup with wheaten bread (Wheat, Egg, Milk)</p> <p>Selection of fresh fruit Low fat yogurts Fruit pots Pasta pots Hot Dog Veggie kebab</p> <p>Drinks Bottled water Orange/Apple juice Milk/Milkshake Sukie Aqua Splash Jugs of fresh water</p> <p>Ham & Cheese Panini (Wheat, Milk, Sesame seeds, Nuts)</p> <p>BBQ Chicken Panini (Wheat, Sesame seeds, Barley, Soya, Celery, Nuts, Milk) Chilli Chicken Panini (Wheat, Sesame seeds, Nuts, Milk)</p> <p>Hot Dog (Wheat, Sulphites)</p> <p>Tomato & Basil pasta (Wheat)</p>		

