

Week 2	Main Course & Sweet Treat £2.80	Vegetarian	Available Daily		
Monday	<p><u>Chicken Curry, Rice & Naan Bread</u> (Wheat & Gluten, Milk) Breast of chicken cooked in curry sauce with diced onion & apple served on a bed of boiled rice & naan bread</p> <p>Or</p> <p><u>Cottage Pie</u> (Wheat, Soyabeans) Lean mince cooked with carrots and topped with creamy mash, served with carrot & parsnip mash and creamed potatoes</p>	<p><u>Macaroni Cheese</u> (Gluten & Milk) Served with carrot & parsnip mash and potatoes</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 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 Extra Favourite.....80p each</p> <p>3. Add Dressing or Sauce Mayonnaise, Sweet Chilli Mayo, Taco Sauce, Tikka Mayo, Sweet Chilli Sauce Small Pots £1 each, Choose 2 from Coleslaw Potato Scallion Salad Sweet Chilli Pasta Salad Honey Mustard Potato Salad Sweet Chilli Noodle Salad</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 Extra Salad.....50p each</p> <p>3. Choose 1 Favourite Bacon, Ham, Roast Chicken, Southern Fried Chicken, Cajun Spiced Chicken Mayo, Tuna Mayo, Honey Chili Chicken Extra Favourite...80p each</p> <p>4. Add Dressing or Sauce Sweet Chilli Sauce, Mayo, Sweet Chilli Mayo, Taco Sauce, Tikka Mayo</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)</p> <p>Chilli Chicken Panini (Wheat, Sesame seeds, Nuts, Milk)</p> <p>Hot Dog (Wheat, Sulphites)</p> <p>Tomato & Basil pasta (Wheat)</p>
Tuesday	<p><u>Lasagne & Garlic Potatoes</u> (Wheat, Milk, May contain traces of Eggs, Soyabeans, Mustard, Lupin) Lean mince cooked with onion, garlic & tomatoes topped with sliced potatoes & a cheese sauce, served with salads & garlic potatoes</p> <p>Or</p> <p><u>Chicken & Spinach Wrap Pizza</u> (Wheat, Gluten & Milk) Freshly prepared homemade pizza topped with chicken & spinach</p>	<p><u>Sweet & Sour Vegetables</u> (Gluten) Served with rice & naan bread</p>			
Wednesday	<p><u>Chicken & Ham Crumble</u> (Wheat, Gluten & Milk) Diced chicken breast & ham mixed in a creamy white sauce topped with wholemeal crumbs, served with vegetables & creamed potatoes</p> <p>Or</p> <p><u>Black Bean Beef with Stir Fry Veg & Rice</u> (Celery, Gluten, Wheat, Sesame seeds & Soybeans, Fish) Strips of beef sautéed with peppers, onions and served with rice</p>	<p><u>Savoury Vegetable Rice</u> (Gluten) Served with curry sauce</p>			
Thursday	<p><u>Roast Beef Dinner</u> (Gluten, Wheat, Milk, May contain Egg, Mustard, Soya) Slices of silverside, served with gravy, baton carrots, peas, roast & creamed potatoes</p> <p>Or</p> <p><u>Chilli Chicken Pasta & Garlic Bread</u> (Gluten, Milk, Wheat, Celery May contain traces of Nuts, Milk) Fresh Chicken fillets cooked in onion, garlic, mushroom, peppers with penne pasta & crème fraiche.</p>	<p><u>Potato & Leek Bake</u> (Milk) Served with mixed veg</p>			
Friday	<p><u>Salmon & Vegetable Rice</u> (Fish, Gluten, Milk) Steamed Salmon with lemon, served on a bed of vegetable rice.</p> <p>Or</p> <p><u>Chicken Goujons</u> (Wheat, May also contain traces of Celery, Soya, Egg, Milk, Sesame seeds) Served with coleslaw & garlic bread</p>	<p><u>Cheese & Chilli Panini</u> (Gluten & Milk, Sesame seeds) Served with mashed potato & salad</p> <p><u>Stuffed Pepper</u> (milk) Served with coleslaw & mashed potato</p>			

