

Week 3	Main Course & Sweet Treat £2.80	Vegetarian	Available Daily		
Monday	<p><b><u>Roast Chicken Dinner</u> (Wheat, Soya, Milk, May contain Egg, Soya, Mustard)</b> Slices of chicken breast served with gravy, stuffing, baton carrots, peas, roast &amp; creamed potatoes</p> <p><b>Or</b></p> <p><b><u>Braised Steak</u> (Wheat, Soyabeans, May contain Mustard, Egg, Soya)</b> Braising steak served with gravy, turnip &amp; creamed potatoes</p>	<p><b><u>Margherita Pizza</u> (Gluten &amp; Milk)</b> Served with salad &amp; baked potato</p>	<p><b><u>Cold Salad Bar</u></b> <b>SALAD BOXES from £3.00</b></p> <p><b>1. Choose 3 Salads</b> Lettuce, Tomato, Peppers, Red onion, Sweetcorn, Coleslaw, Potato Scallion Salad, Honey Mustard, Potato Salad, Sweet Chilli, Pasta Salad, Sweet Chilli Noodle Salad <b>Extra Salad.....50p each</b></p> <p><b>2. Choose 1 Favourite</b> Bacon, Ham, Roast Chicken, Southern Fried Chicken, Honey Chicken Strips, Cajun Spiced Chicken Mayo, Tuna Mayo, Grated Cheese <b>Extra Favourite.....80p each</b></p> <p><b>3. Add Dressing or Sauce</b> Mayonnaise, Sweet Chilli Mayo, Taco Sauce, Tikka Mayo, Sweet Chilli Sauce</p> <p><b>Small Pots £1 each, Choose 2 from</b> Coleslaw Potato Scallion Salad Sweet Chilli Pasta Salad Honey Mustard Potato Salad Sweet Chilli Noodle Salad</p>	<p><b><u>Cold Sandwich Bar</u></b> <b>SANDWICHES from £3.00</b></p> <p><b>1. Choose from</b> White Bread, Brown Bread, Wrap, Ciabatta, Baguette</p> <p><b>2. Choose from 3 Salads</b> Lettuce, Tomato, Peppers, Red onion, Sweetcorn, Coleslaw &amp; Sliced Boiled egg <b>Extra Salad.....50p each</b></p> <p><b>3. Choose 1 Favourite</b> Bacon, Ham, Roast Chicken, Southern Fried Chicken, Cajun Spiced Chicken Mayo, Tuna Mayo, Honey Chili Chicken <b>Extra Favourite...80p each</b></p> <p><b>4. Add Dressing or Sauce</b> Sweet Chilli Sauce, Mayo, Sweet Chilli Mayo, Taco Sauce, Tikka Mayo</p>	<p>Homemade vegetable soup &amp; crusty roll <b>(Wheat, Milk, Barley)</b> Homemade potato &amp; leek soup with wheaten bread <b>(Wheat, Egg, Milk)</b></p> <p>Selection of fresh fruit Low fat yogurts Fruit pots Pasta pots Hot Dog Veggie kebab</p> <p><b><u>Drinks</u></b> Bottled water Orange/Apple juice Milk/Milkshake Sukie Aqua Splash Jugs of fresh water</p> <p>Ham&amp;Cheese Panini <b>(Wheat, Milk, Sesame seeds, Nuts)</b></p> <p>BBQ Chicken Panini <b>(Wheat, Sesame seeds, Barley, Soya, Celery, Nuts, Milk)</b> Chilli Chicken Panini <b>(Wheat, Sesame seeds, Nuts, Milk)</b></p> <p>Hot Dog <b>(Wheat, Sulphites)</b></p> <p>Tomato&amp;Basil pasta <b>(Wheat)</b></p>
Tuesday	<p><b><u>Lasagne</u> (Wheat, Milk, May contain traces of Eggs, Soybeans, Mustard, Lupin)</b> Lean mince cooked with onion, garlic &amp; tomatoes layered with lasagne &amp; topped with white sauce and served with salads &amp; garlic potatoes</p> <p><b>Or</b></p> <p><b><u>Chicken Stir Fry Noodles</u> (Gluten, Wheat, Soyabeans)</b> Fresh chicken fillets cooked with onion, garlic, peppers &amp; corn, cooked in soya sauce &amp; served with noodles.</p>	<p><b><u>Pitta Pocket</u> (Gluten &amp; Milk)</b> Served with salad</p>			
Wednesday	<p><b><u>Nasi Goreng</u> (Wheat, Gluten, Soya, Mustard &amp; Celery, Milk)</b> Thinly sliced succulent chicken breast with lean bacon mixed with rice &amp; spices- served with curry sauce &amp; naan bread</p> <p><b>Or</b></p> <p><b><u>Steak Casserole with Root Vegetables &amp; Champ</u> (Milk, May contain Mustard, Egg, Soya)</b> Steak pieces braised in onion and beef stock with root vegetables &amp; served with champ.</p>	<p><b><u>Savoury Rice</u> (Gluten)</b> Served with curry sauce &amp; naan bread</p>			
Thursday	<p><b><u>Roast Beef Dinner</u> (Wheat, Milk May contain Egg, Mustard, Soya)</b> Slices of silverside served with gravy, baton carrots, peas &amp; roast and creamed potatoes</p> <p><b>Or</b></p> <p><b><u>Spaghetti Carbonara &amp; Garlic Bread</u> (Wheat, Mustard, Celery, Gluten, Egg, May contain Nuts, Milk)</b> Spaghetti tossed with crispy bacon, garlic, eggs &amp; parmesan cheese, served with garlic bread</p>	<p><b><u>Stuffed mushroom</u> (Gluten &amp; Milk)</b> Stuffed with veg in a tomato sauce topped with cheese and breadcrumbs &amp; served with champ</p>			
Friday	<p><b><u>Battered Cod</u> (Fish, Wheat, Gluten &amp; Milk)</b> Fresh fillets of cod coated in a light, fluffy batter with parsley sauce, peas, sweetcorn &amp; champ</p> <p><b>Or</b></p> <p><b><u>Chicken Goujons</u> (Wheat, May also contain traces of Celery, Soya, egg, Milk, Sesame seeds)</b> Served with coleslaw &amp; garlic bread</p>	<p><b><u>Omelette</u> (Egg &amp; Milk)</b> Served with Green Salad &amp; boiled potato</p>			

