

Week 4	Main Course & Sweet Treat £2.80	Vegetarian	Available Daily		
Monday	<p><u>Chicken Curry & Rice</u> (Wheat & Gluten,Milk) Breast of chicken cooked in curry sauce with diced onion & apple served on a bed of rice & naan bread</p> <p>Or</p> <p><u>Peppered Beef & Rice</u> (Wheat,Gluten,Milk,Soyabeans) Strips of beef cooked in onion & peppers in a rich gravy. Served with rice and naan bread</p>	<p><u>Stuffed Pepper</u> (Milk & Gluten, Wheat,may contain traces of Nuts,Milk) Served with salad & garlic bread</p>	<p>Cold Salad Bar 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>		
Tuesday	<p><u>Steak Casserole with Root Vegetables & Champ</u> (Milk,May contain Mustard,Egg,Soya) Steak pieces braised in onion and beef stock with root vegetables & served with champ</p> <p>Or</p> <p><u>Chicken & Ham Crumble</u> (Wheat, Milk,Gluten) Diced chicken breast & ham mixed in a creamy white sauce topped with wholemeal crumbs, served with diced turnip & garlic potatoes</p>	<p><u>Potato & Vegetable Cakes</u> (Gluten & Egg) Served with beans</p>	<p>Cold Sandwich Bar 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>		
Wednesday	<p><u>Lasagne</u> (Wheat,Milk, May contain traces of Egg,Soyabeans,Mustard,Lupin)) Lean mince cooked with onion, garlic & tomatoes, layered with lasagne and topped with cheese sauce, served with salads & baby boiled potatoes</p> <p>Or</p> <p><u>Stuffed Chicken Fillet & Baby Boiled Potatoes</u>. (Gluten,Wheat Celery,Egg,Milk,Mustard) Fresh Chicken Fillet stuffed with homemade stuffing, wrapped in bacon and oven roasted. Served with green beans, baby boiled potatoes & pepper sauce.</p>	<p><u>Savoury Rice</u> (Gluten) Served with curry & naan bread</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>BBQChickenPanini (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>		
Thursday	<p><u>Roast Beef/Chicken Dinner</u> (Wheat,Milk,May contain Egg, Mustard,Soya) Slices of silverside/chicken served with gravy, baton carrots, peas & roast and creamed potatoes</p> <p>Or</p> <p><u>Pasta Bolognese & Garlic Bread</u> (Gluten,Wheat,Egg,Soyabeans, Mustard,Lupin May contain traces of Nuts,Milk) Lean mince cooked with onions, herbs, garlic & chopped tomatoes mixed with fusilli pasta and topped with parmesan cheese</p>	<p><u>Tomato & Basil Pasta</u> (Gluten,Wheat,Sesame seeds,Nuts,Milk) Served with garlic bread</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> (Gluten,Wheat,May also contain traces of Celery,Soya,Egg,Milk,Sesame seeds) Served with coleslaw & garlic bread</p>	<p><u>Panini</u> (Gluten,Wheat,Sesame seeds,Nuts,Milk) Served with mash & salad</p>			

