



B Healthy Day

RED MEAT FREE DAY

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b> £0.80	Tomato & Basil Soup	Vegetable Broth	Cream of Vegetable	Carrot Coriander Soup	Vegetable Broth
<b>From the Café</b>	Daily selection of freshly made Salads and Protein Pots, Hot Panini's, Ciabatta & freshly prepared Sandwiches & Wraps				
<b>Meal of the Day</b> £2.40	<b>Chicken &amp; Ham Vol-vent</b> Succulent pieces chicken & ham in a creamy sauce served with veg & potatoes	<b>Homemade Cottage Pie</b> Lean Minced Beef with onion & veg topped with potato served with veg & potato	<b>Chicken Casserole Succulent pieces of chicken and vegetable in a rich gravy</b>	<b>Traditional Beef Curry</b> Served with Steamed Rice	<b>Chicken Curry</b> Diced fillet of chicken in a mild curry sauce served with boiled rice
<b>Main Dish only</b> £1.90	<b>Lasagne au Gratin</b> Lean mince beef with vegetables, layered with sheets of pasta & cheese sauce ,	<b>Chicken &amp; Broccoli Bake</b> Tender pieces of chicken & broccoli in a cheese sauce topped with potato	<b>Chicken with herb Stuffing wrapped in Bacon</b>	<b>Chicken Goujon Wrap</b> Oven Baked Served in a Multi Seeded Wrap	<b>Traditional Fish</b> Breaded and oven baked & served with lemon
<b>Healthy Choice</b> £1.90	<b>Baked Potato</b> Filled with a choice of fillings & tossed salad	<b>Roasted Vegetable &amp; Pasta</b> in tomato & Herb Sauce	<b>Fish Pie</b> Poached Fish in a béchamel sauce topped with sliced potatoes	<b>Tomato &amp; Basil Pasta Salad</b>	<b>Tomato and Cheese Pasta bake</b>
<b>Snack</b>	<b>Jumbo Hot Dog</b> with Relish	<b>Chicken Caesar Salad</b>	<b>Spicy potato wedges</b> served with tossed salad & choice of dips	<b>Chicken Burger</b> Oven baked and served in a bap	<b>Pizza Slice</b> Various toppings
<b>Sides from</b> £0.60	Baby Boiled Potatoes Chipped Potatoes Baked Beans Honey Glazed Carrots	Creamed Potatoes Braised Cabbage Sweet corn	Chips & Garden Peas Mixed Green Salad	Creamed Potato Green Beans / Carrots Baked spicy potato wedges	Mashed Potato Chips Mushy Peas
<b>Dessert</b> £0.60	Chocolate Cake & Custard	Creamed Rice Pudding & Jam Sauce	Lemon Sponge & Custard	Cracknel & Custard	Chocolate Cake & Custard

CHILLED DRINKING WATER IS AVAILABLE THROUGHOUT LUNCH SERVICE