



Lunch	Monday	B Healthy Day Tuesday	RED MEAT FREE DAY Wednesday	B Healthy Day Thursday	Friday
Soup	Lentil & Tomato	Vegetable Broth	Leek & Potato	Carrot & Coriander	Vegetable
From the Café	Daily selection of freshly made Salads and Protein Pots, Hot Panini's, Ciabatta & freshly prepared Sandwiches & Wraps				
Meal of the day £2.05	Homemade Cottage Pie Lean Minced Beef with onion & veg topped with potato served with veg & potato	Roast Loin of Pork served with veg, potato & apple sauce	Chicken Steakado Butterfly fillet of chicken in steakado spices and griddled served with veg & potato	Roast Gammon served with parsley sauce, cabbage & potato	Chicken Curry served with Rice
Main Dish Only £1.70	Chicken Fricassee Diced chicken with onion, mushroom & peppers in a white sauce with savoury crumble top	Beef Bolognaise with Pasta Shells	Salmon & Onion Fish Cake	Beef Bourguignon tender cubes of lean beef in a rice onion & vegetable jus	Baked Fish of the Day served with Lemon
Healthy Choice £1.85	Tomato & Basil Pasta	Chilli Chicken Pasta Bake topped with a wholemeal crumble	Pasta Carbonara	Barbecue Chicken Pasta	Sweet Chilli Roasted Vegetables with Soft Noodles
Snack of the day	Chicken Burger Oven Baked and served in a Bap	Ham & Vegetable Cous Cous served with a low calorie dressing	Spicy Chicken Stir Fry Baked in a Tortilla Wrap	Baked Ham, Onion & Cheese Frittata	Cheese, Ham & Pineapple Pizza Slice
Sides	Sweet Potato Fries Braised Rice Broccoli Florets Green Salad	Baby Boiled Potatoes Sweet corn Sliced Carrots Mixed Salad	Mashed Potato Braised Leeks Baked Beans Green Salad	Champ Cabbage Roasted Parsnips Braised Honey	Mashed Potato Chunky Chips Garden Peas
Dessert	Syrup Sponge & Custard	Rhubarb Crumble & Custard	Strawberry Cheesecake	Steamed Rice Pudding served with Fruit	Pineapple Upside Down Cake & Custard

CHILLED DRINKING WATER IS AVAILABLE THROUGHOUT LUNCH SERVICE