



Lunch	Monday	B Healthy Day Tuesday	RED MEAT FREE DAY Wednesday	B Healthy Day Thursday	Friday
Soup	Tomato & Basil	Vegetable Broth	Sweet Potato & Roasted Pepper	Carrot & Lentil	Vegetable Broth
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	Chicken Burrito Fillet of Chicken in a Spicy Mexican Sauce with Rice in a soft tortilla served with tossed salad	Irish Stew served with a slice of wheaten bread	Escalope of Turkey & Cranberry served with wholemeal stuffing, gravy veg & mashed potato	Home-made Vienna steak oven baked with root vegetables and onion gravy with creamed potato	Chicken Curry Diced fillet of chicken in a mild curry sauce served with boiled rice
Main Dish only £1.70	Lasagne au Gratin Lean mince beef with vegetables, layered with sheets of pasta & cheese sauce ,	Chicken & Broccoli Bake Tender pieces of chicken & broccoli in a cheese sauce topped with potato	Chicken Tikka Hot Baguette	Chicken Goujon Wrap Oven Baked Served in a Multi Seeded Wrap with Mixed Lettuce Leaves & Tomato	Baked Potato Frittata Ham & Spring Onion
Healthy Choice £1.85	Baked Potato Filled with a choice of fillings & tossed salad	Roasted Vegetable& Pasta in tomato & Herb Sauce	Fish Pie Poached Fish in a bechamel sauce topped with sliced potatoes	Cous Cous Salad Cherry tomatoes, red pepper, sultanas tossed in balsamic dressing	Traditional Fish Breaded and oven baked & served with lemon
Snack	Jumbo Hot Dog with Relish	Chicken Caesar Salad	Spicy potato wedges served with tossed salad & choice of dips	Chicken Burger Oven baked and served in a bap	Pizza Slice Various toppings
Sides	Baby Boiled Potatoes Chipped Potatoes Baked Beans Honey Glazed Carrots	Champ Braised Cabbage Sweet corn	Mashed Potato Garden Peas Mixed Green Salad	Creamed Potato Green Beans / Carrots Baked spicy potato wedges	Mashed Potato Chips Mushy Peas
Dessert	Chocolate Cake & Custard	Creamed Rice Pudding & Jam Sauce	Lemon Sponge & Custard	Fruit Crumble & Custard	Chocolate Cake & Custard

CHILLED DRINKING WATER IS AVAILABLE THROUGHOUT LUNCH SERVICE