



Sep-20

B Healthy Day

RED MEAT FREE DAY

B Healthy Day

Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
Soup £0.80	Traditional Vegetable Broth	Curried Cauliflower	Tomato & Basil	Leek & Potato Soup	Traditional Vegetable Broth
From the Café	Daily selection of freshly made Salads and Protein Pots, Hot Panini's, Ciabatta & freshly prepared Sandwiches & Wraps				
Main Meal £2.40	Chicken wrapped in Bacon served with Potato & Vegetables	Honey Roast Bacon Loin with fresh parsley, lime & chilli glaze served with vegetables & potatoes	Chicken Curry Served with rice	Cottage Pie Served with Vegetables	Oven Baked Breaded Cod Lemon Mayonnaise served with potatoes
Healthy Choice £1.90	Baked Potato Served with side salad	Smoky Bacon & Tomato Spaghetti	Chilli Chicken pasta bake	Roasted Vegetable & Pasta in a tomato & Herb sauce	Spicy Bean Casserole
Snack	Sausage roll	Hot Chicken sweet chilli wrap	Cheese & Tomato Pizza	Chicken Burger served in a bap	Mini Hot Dog
Sides from £0.60	Mashed Potato Carrots Peas	Champ Cabbage Carrots	Chips Broccoli	Mashed Potato Mixed Vegetables	Baked Diced Potato Turnip Bean
Dessert £0.60	Apple Tart & Custard	Lemon Sponge & Custard	Cornflake Tart & Custard	Iced Jam Sponge & Custard	Chocolate Sponge & Custard

CHILLED DRINKING WATER IS AVAILABLE THROUGHOUT LUNCH SERVICE



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Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
Soup £0.80	Traditional Vegetable Broth	Cream of leek & Potato Soup	Traditional Vegetable Broth	Cream of Chicken Soup	Sweet Potato Soup
From the Café	Daily selection of freshly made Salads and Protein Pots, Hot Panini's, Ciabatta & freshly prepared Sandwiches & Wraps				
Main Meal £2.40	Roast Beef Served with Potato Garden Peas & Gravy	Chicken & Ham Pie Served with Potato and Vegetables	Pulled Pork in a tangy BBQ sauce served in ciabatta	Chicken Curry Served with Rice	Oven Baked Breaded Fish served with veg & potatoes
Healthy Option £1.90	Vegetable Savoury Rice	Spinach and Mushroom Penne Pasta	Roasted Peppered pesto pasta	Vegetable Curry Served with rice	Hot Chicken Wrap
Snack of the Day	Steak Burger Served in a Floury Bap	Pizza Slice Topped with cheese & Tomato	Sausage Roll Served with Baked Beans	Fully Loaded Served with Salsa and Cheese	Hot Filled Ham & Cheese Baquette
Sides from £0.60	Creamed Potato Garden Peas	Creamed Potato Green Beans Carrots	Diced Potatoes Honey Glazed Carrots	Chips Sweetcorn	Boiled Potato Garden Peas Diced Swede
Dessert £0.60	Chocolate Cracknel & Custard	Jam Sponge & Custard	Apple Tart & Custard	Chocolate Cake & Custard	Cornflake Tart & Custard

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Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
Soup £0.80	Vegetable Soup	Potato & Onion	Carrot & Coriander	Leek & Potato Soup	Vegetable Soup
From the Café	Daily selection of freshly made Salads and Protein Pots, Hot Panini's, Ciabatta & freshly prepared Sandwiches & Wraps				
Main Meal £2.40	Spiced Chicken fillet Served with Vegetables & Potato	Beef Bourguignon Served with champ & Vegetable	Chicken & Ham Vol-vent	Traditional Chicken Curry served with Rice	Baked Fish of the Day served with Lemon
Healthy Choice £1.90	Tomato & Basil Pasta bake	BBQ Chicken Pasta	Super Vegetable Pasta	Chunky Vegetables Curry Served with Rice	Sweet Chilli Roasted Vegetables with pasta
Snack of the day	Beef Burger Served with Cheese in a Flourey Bap	Chicken Burger Served in a Bap	Baked Sausage Roll	Baked Hot Chicken Baguette	Cheese, Tomato Pizza Slice
Sides from £0.60	Creamed Potato Buttered Turnip Baked Beans	Champ Braised Cabbage Beans	Creamed Potatoes Broccoli Mixed Vegetable	Chips Sweet corn Peas	Mashed Potato Garden Peas Beans
Dessert £0.60	Syrup Sponge & Custard	Chocolate Cracknel & Custard	Chocolate sponge & Custard	Lemon Sponge & Custard	Cornflake Tart & Custard

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Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
Soup £0.80	Potato & Onion Soup	Leek & Potato Soup	Cream of Vegetable Soup	White Onion Soup	Vegetable Broth
From the Café	Daily selection of freshly made Salads and Protein Pots, Hot Panini's, Ciabatta & freshly prepared Sandwiches & Wraps				
Main Meal £2.40	Peri Peri Chicken Served with Potato & Vegetables	Pasta Bolognaise Served with Garlic Bread	Honey & Mustard Bacon Loin Served with Vegetable & Potato	Beef Curry Served With Rice	Traditional Fish Breaded and oven baked & Served with lemon
Healthy Choice £1.90	Super Vegetable pasta	Bacon & Mushroom Carbonara	Baked Potato Filled with a choice of fillings & tossed salad	Vegetables Savoury Rice	Chilli Chicken Pasta Bake
Snack	Spicy potato wedges	Chicken Burger Oven baked and served in a bap	Cheese & Tomato Pizza Slice	Sausage rolls	Hot BBQ Pulled Pork Baguette
Sides from £0.60	Creamed Potato Garden Peas Mixed Salad	Diced Potato Carrot Peas	Baby Boiled Potatoes Cabbage Mixed Salad	Chips Sweetcorn Beans	Mashed Potato Chips Mushy Peas
Dessert £0.60	Chocolate Cake & Custard	Syrup Sponge & Custard	Lemon Sponge & Custard	Cracknel & Custard	Chocolate Cake & Custard

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