



Monday	Tuesday	Wednesday	Thursday	Friday
Herbed Chicken with Crusty Top & Braised Cabbage £1.90	Ocean Pie and Peas £1.90	Roast Pork with all the Trimmings £2.50	Greek Style Moussaka with a selection of Mixed Vegetables £1.90	Breaded / Battered Fish and Chips £1.95
Vegetable & Cheese Risotto £1.80	Roasted Mediterranean Vegetable Wraps £1.80	Bean & Vegetable Tagine £1.80	Chick Pea & Mushroom Puff Pasty £1.80	Marguerita Pizza From 95p
New Boiled Potatoes 55p	Seasonal Potato Wedges 85p	Herby Roast Potatoes 55p	Cous Cous 55p	Chunky Chips 85p
Cabbage 50p Carrots 50p	Butternut Squash 50p Peas 50p	Broccoli 50p Roast Parsnips 50p	Mixed Vegetables 50p Cauliflower 50p	Sweet Corn 50p Baked Beans 50p
Fresh Seasonal Salad available daily.				
Baked Apples 80p	Banana Sponge 80p	Seasonal Fruit Cobbler 80p	Rice Pudding 80p	Pear & Apricot Crumble 80p
Various Cakes & Cookies available daily.				
Pasta Options				
Carbonara or Basilico	Beef Chilli or Cream Cheese Sauce	Chicken Torino or Rich Tomato & Vegetable	Pomodoro or Italiano	Sweet & Sour Vegetable or Tomato & Basil
Guest Bar				
Selection of Hot Filled Baps/Baguettes £1.80	Pizzas £1.20/£1.35	Noodle Bar £1.80	Various Filled Wraps £1.80	Filled Jacket Skins £1.20

Jacket Potatoes with various fillings available daily.
Please also see our Daily Specials Board.





Monday	Tuesday	Wednesday	Thursday	Friday
Beef Meatballs with Homemade Tomato Sauce and Cous Cous £1.90	Diced Lamb Curry and Rice £1.90	Roast Chicken and all the Trimmings £2.50	Sweet & Sour Pork with Savoury Rice £1.90	Deep Fried Cod and Chips £1.95
Mushroom & Lentil Stroganoff £1.80	Chick Pea & Vegetable Chilli £1.80	Homemade Vegetarian Pie with Sweet Potato Mash £1.80	Vegetarian Sausages with a Rich Onion Gravy and Wedges £1.80	Leek & Cheese Flan and Baked Beans £1.80
Tabbouleh Cous Cous 55p	Brown Basmati Rice 80p	Roast Potatoes 55p	Homemade Wedges 85p	Chunky Chips 85p
Minted Peas 50p Glazed Carrots 50p	Cauliflower 50p Mixed Vegetables 50p	Carrots 50p Seasonal Greens 50p	Sweetcorn 50p Broccoli 50p	Baked Beans 50p Garden Peas 50p
Fresh Seasonal Salad available daily.				
Carrot & Raisin Cake 80p	Summer Trifle 80p	Orange & Sultana Sponge 80p	Apple Tart 80p	Pear & Berry Muffins 80p
Various Cakes & Cookies available daily.				
Pasta Options				
Carbonara or Basilico	Bolognese or Cream Cheese Sauce	Spicy Sausage or Italiano	Chilli Sauce or Tomato & Basil	Fire Cracker or Creamy Vegetable
Guest Bar				
Selection of Hot Filled Baps/Baguettes £1.80	Pizzas £1.20/£1.35	Noodle Bar £1.80	Various Filled Wraps £1.80	Filled Jacket Skins £1.20

Jacket Potatoes with various fillings available daily.
Please also see our [Daily Specials Board](#).

Green - Low Fat Healthy Option / **Amber** - Neither High or Low Fat, Good Brain Food / **Red** - High Fat & Salt but can aid with energy.



Week 3



Monday	Tuesday	Wednesday	Thursday	Friday
Lamb Chilli Con Carne and Rice £1.90	Chicken in a Caribbean Fruity Sauce with Sweet Potatoes £1.90	Roast Beef Dinner with all the Trimmings £2.50	Herbed Salmon Bake and Fresh Broccoli £1.90	Breaded / Battered Fish and Chips £1.95
Vegetarian Bean Curry and Rice £1.80	Vegetarian Lasagne and Garlic Bread £1.80	Spanish Omelette and Green Beans £1.80	Lentil and Roasted Vegetable Puff and Carrots £1.80	Summer Vegetable Wraps £1.80
Steamed Rice 80p	Sweet Potatoes Wedges 85p Garlic Bread 55p	Roast Potatoes 55p	Creamed Potatoes 55p	Chips 85p
Carrots 50p Sweet Corn 50p	Cauliflower 50p Mixed Vegetables 50p	Green Beans 50p Roasted Vegetables 50p	Broccoli 50p Carrots 50p	Baked Beans 50p Garden Peas 50p

Fresh Seasonal Salad available daily.

Wholemeal Banana Cake 80p	Pear & Apple Pie 80p	Fruit Crumble 80p	Fruit Fool 80p	Chocolate & Orange Sponge 80p
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Various Cakes & Cookies available daily.

Pasta Options

Carbonara or Basilico	Beef Bolognese or Creamy Mushroom	Torino or Tomato & Vegetable	Chicken Fire Cracker or Italiano	Three Cheese Sauce or Tomato & Basil
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Guest Bar

Selection of Hot Filled Baps/Baguettes £1.80	Pizzas £1.20/£1.35	Noodle Bar £1.80	Various Filled Wraps £1.80	Filled Jacket Skins £1.20
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Jacket Potatoes with various fillings available daily.
Please also see our Daily Specials Board.

