



This Menu is available on the following weeks, dates commencing: 19th September, 10th October, 7th & 28th November 2022

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal	Chicken tikka biryani	Beef & black bean noodles, oriental slaw	Moroccan chicken meatball tagine, lemon & herb couscous	Beef ragout, seasonal vegetables, garlic bread	Fish & chips shop
Vegetarian Meal	Aubergine & chickpea tikka masala, steamed rice	Crispy hot & sour Quorn noodles, oriental slaw	Sweet potato falafel tagine, lemon & herb couscous	Five – a – day vegetable ragout, seasonal vegetables, garlic bread	Fish & chips shop
On the side	Choose from our selection of fresh vegetables, salad, potatoes or rice or pasta. Our Daily Menu will confirm day`s offer. Chips are served on Fridays				
Pasta & Jacket Bar	Jacket Potato - Add your Choice of topping from our freshly prepared selection				
Family Favourites	Pineapple cake with buttercream	Jam doughnut	Flapjack	Apple crumble, custard	Vanilla sponge, Chantilly cream

A daily selection of Fresh Grab & Go items is also available.
Some dishes may vary and are subject to availability.

