Week 3

ALL OUR EGGS ARE LAID IN BRITAIN QUALITY ASSURED

IF YOU HAVE AN ALLERGY PLEASE LOOK OUT FOR OUR ALLERGEN BUDDIES

ALL OUR BEEF AND MILK IS RED TRACTOR APPROVED

IF YOU DON'T FANCY DESSERT, WHY NOT TRY OUR FRUIT AND YOGHURT BAR?

SALAD BAR SELECTION DAILY	DAILY FAVES	HOT FAVES	VEGGIE/ MEAT FREE	SIDES	PICK A PUD	HEALTHY EXTRAS	MORNING SNACK	SOUP OF THE DAY
MONDAY	Bolognaise sauce	Chef special	Cheese and tomato sauce topped flat bread	Pasta Seasonal vegetables Parmesan cheese	Carrot cake	FRESHLY PREPARED SALAD BAR SELECTION OF WHOLEMEAL AND SEEDED BREADS WIDE SELECTION OF FRUIT AND LOW FAT YOGHURTS HYDRATION STATION - TRY OUR INFUSED WATER	Chocolate crunch	Soup of the day served with fresh bread
TUESDAY	Tandoori chicken	Lamb koftas	Tandoori Quorn strips	New potato Pitta bread Red cabbage salad Minted yogurt	Fresh fruit salad		Citrus and poppy seeds iced cake	Soup of the day served with fresh bread
WEDNESDAY	Hot dogs	Pulled pork roll	Vegetarian hot dogs	Roasted potato Fried onions Garden peas Carrots	Chocolate sponge served with chocolate custard		Iced vanilla sponge	Soup of the day served with fresh bread
THURSDAY	**INDIAN BAR** Chicken curry	Chef special	Vegetable curry	Rice Naan bread Poppadoms Mango chutney	Frozen yoghurt		Treacle and ginger traybake	Soup of the day served with fresh bread
FRIDAY	Breaded fish fillets	Chef special	Vegetable fish fingers	Chips Mushy peas Baked beans Tartar sauce	Pancakes with selection of toppings		Chocolate sprinkle cake	Soup of the day served with fresh bread

OUR DISHES INCLUDE EXTRA HIDDEN VEGETABLES TO INCREASE THE NUTRITIONALCONTENT

ALL OUR FRESH MEAT IS SOURCED FROM A LOCAL FAMILY BUTCHERS