

YOUR Menu



w/c: 29th Oct, 19th Nov, 10th Dec 2018, 7th Jan, 28th Jan, 25th Feb, 18th March 2019

Autumn/Winter 2018-19

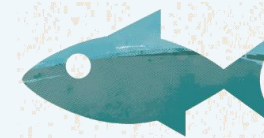
Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Southern Style Quorn Burger served in a High Fibre bun with Jacket Wedges	Homemade Ham & Cheese Pizza	Roast British Chicken & Sage & Onion Stuffing with Roast Potatoes & Gravy	Organic Pork Meatballs served with BBQ Sauce & Rice	Vinegar Infused Tempura Pollock Fillet served with Potato Wedges
Veggie Bean Served with Vegetable Couscous	Sweet Potato Dahl with Rice	Quorn Fillet with Sage & Onion Stuffing, Roast Potatoes & Gravy	Ricotta & Spinach Cannelloni in Tomato Sauce with a Hunk of Bread	Carrott & Cream Cheese Whirl served with Potato Wedges
Cheese Roll	Jacket Potato with Baked Beans	Tomato Pasta	Jacket Potato with Cheese	Sausage Baguette
Sweetcorn or Salad	Winter Salad with Garden Peas	Diced Carrot & Swede Winter Greens	Sweetcorn Broccoli	Baked Beans and Garden Peas
Marmalade Cake served with Custard	Fruit Yogurt Selection	Fresh Fruit Platter Served with Crème Fraiche	Banana Cake	Apple Flapjack

- We offer unlimited bread & vegetables to our customers.
- All our desserts are suitable for Vegetarians.
- Fresh fruit & yoghurts are available as an alternative to the advertised dessert.



All of our meat, poultry, cheese and milk is Red Tractor Farm Assured or Organic.



We never use fish on the Marine Conservation Society 'fish to avoid' list.