



Lunch Menu Week 16

W/C 12 th Jan	Meat Free Mondays Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	<i>Chef Special Soup of the Day Served Daily</i>				
HOT MAINS	Tomato & Basil Wholemeal Pasta	Ham Roast Dinner with Roast Potatoes & Seasonal Vegetables	Spaghetti & Meatballs	Sausage Rolls & Wedges	Fish Fingers or Fish Cakes served with Homemade Chips
	Vegetarian Chilli with Brown Rice	Cheese & Onion Plate Pie with Carrots & Peas	Roasted Red Pepper Quiche & Salad	Veggie Sausage Rolls & Wedges	Veggie Burger in a Bun with Chips
CHEF SPECIAL	Ask Chef what the special is today!	Veggie Roast	Spaghetti & Veggie Balls	Ask Chef what the special is today!	Jacket Potatoes
DESSERT	Fresh Fruit Salad	Flap Jacks	Sponge Cake	Ice Cream	Crackers and Cheese

Available Daily: Jacket Potatoes with tuna, cheese or beans, salad, fresh fruit and Yoghurt