

# Lunch Menu Week 19

W/C 2 <sup>nd</sup> Feb	Meat Free Mondays Monday	Tuesday	Wednesday	Thursday	Friday
SOUP	<i>Soup of the Day Served Daily</i>				
HOT MAINS	Veggie Spaghetti Bolognese with Garlic Bread	Sausages with Mash & Gravy	Carbonara Pasta Bake with Garlic Bread	Chicken Fajita's	Fish Fingers or Fish Cakes served with Homemade Chips
	Welsh Rarebit	Individual Vegetable & Cheese Omelette	Vegetable & Rice Enchiladas	Cheese & Red Onion Quiche	Veggie Sausage Rolls
CHEF SPECIAL	Ask Chef what the Special is today!	Veggie Sausage & Mash with Gravy	Macaroni Cheese	Ask Chef what the Special is today!	Jacket Potatoes
DESSERT	Fresh Fruit Salad	Flap Jacks	Donuts	Ice Cream	Crackers and Cheese

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