

# WEEKLY MENU 7th January 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TODAY'S SOUP</b>	£1.25 Spiced carrot and lentil soup (VE)	Celery and potato soup (VE)	Roasted red pepper and tomato soup (VE)	Pea and ham soup (Non- V)	Bean and vegetable broth (VE)
<b>THE MAIN EVENT</b>	£4.65 Pasta bar- Penne pasta served with meatball and chorizo sauce or tomato, caper, olive and basil sauce (VE) selection of toppings	Smoky chipotle pork or Chipotle Peppers tomatoes (VE) served with peppered rice, sour cream and guacamole	Beetroot and beef madras or Aubergine, pepper and potato curry Served with cauliflower scented rice or plain steamed rice and a poppadum (V)	Singapore chicken and mushroom noodles or Sweet and sour Quorn (VE) served with prawn crackers	Battered pollock served with lemon and tartare sauce and chips or Cajun baked fish with roasted corn salsa
<b>LIGHT BITE</b>	£2.80 Falafel, hummus, tomato salad served on a warm flatbread (V)	Stir fry tofu in orange and ginger sauce and noodles (V)	Potato gnocchi served with rocket and basil pesto	Brown rice and vegetable pilaff (VE)	Halloumi and pepper pastry pizza (V)
<b>HOT DELI</b>	£3.60 Ham, cheese, tomato gherkin and cheese bagel	Fishfinger bap served with iceberg lettuce and tartare sauce	Selection of pies and pasties (£ 2.45)	Cheese and bacon burger	Sausage roll (£ 2.45)
<b>JACKET FILLING</b>	£1.95 Beans and sausages	Spicy meatballs	Chilli pork	Beef curry	Oriental chicken
<b>HOT DESSERT</b>	£1.60 Coffee and walnut sponge	Chocolate and banana bread and butter pudding	Apple lattice pie	Pear and raspberry upside-down pudding	Spotted dick