

WEEKLY MENU 11th February 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TODAY'S SOUP £1.25	Courgette, garlic & basil (VE)	Root vegetable broth (V)	Curried parsnip (V)	Sweetcorn, lime & chilli (VE)	Sweet potato & coriander (V)
THE MAIN EVENT £4.65	Beef bourguignon Or Root vegetable cassoulet served with herby diced potatoes	Pork Katsu curry with green rice & Shredded butternut and pepper salad Or Vegan seitan tacos with roasted vegetables (VE)	Pasta bar - Carbonara Or mushroom bolognese with variety of toppings	Roast lemon & thyme chicken with sage and onion stuffing and roast potatoes	Breaded scampi served with homemade tartare sauce, lemon wedge and chips Or Baked pollock with olive tapenade
LIGHT BITE £2.80	Falafel wrap with houmous & tomato salad	Mushroom risotto with rocket and parmesan salad (V)	BBQ pineapple & vegetable kebab with warm bulgur wheat salad (VE)	Spinach & ricotta cheese cannelloni (V)	Jack fruit and black bean chilli served with tortilla chips and sour cream (V)
HOT DELI £3.60	Build your own burger bar	Meat and potato pie	Roasted vegetable tartlet with mixed leaf salad	Mexican veggies with feta served with mixed bean salad (V)	Jerk chicken flat bread with pineapple salsa
JACKET FILLING £1.95	Sausages and beans	Beef Stew	Vegetable curry	Creamy ham & mushroom	Chicken curry
HOT DESSERT £1.60	Spiced pear crumble	Lemon Meringue	Apple & sultana strudel	Fruit compote with warm heart shaped shortbread	Chocolate & orange bread and butter pudding