

# Let's Do Lunch!

Only £2.30

Autumn 2017

£1.40

## SOUP MENU

Soup and Roll,

A Sandwich, Salad

and a Pudding or Fruit

A freshly made Soup on offer every day, also sandwiches & side salad.

THERE IS A VEGETARIAN AND GLUTEN FREE ALTERNATIVE AVAILABLE EVERY DAY

Or alternately order a Jacket Potato with various fillings, a pudding & a drink for £2.30

Daily selection of Bread  
Fresh Fruit Salad or low fat Yoghurt & Self-service Salad

	Monday	Tuesday	Wednesday	Thursday	Friday
Weeks Beginning: 5th & 25th Sept, 14th Oct, 13th Nov, 4th Dec.	Chilli Con Carne Vegetable Chilli Nachos Broad beans  Plum cake	Chicken Hot Dogs Quorn Hot Dogs Croquette Potatoes Sweet corn Fudge Tart	Roast Pork Greengrocers Hotpot Roast potatoes Seasonal Veg Gravy Autumn Eton mess	<b>MORROCAN DAY</b> Turkey, Apricot & Chickpea Tagine Winter Veg Tagine Couscous Pitta Bread Spicy Pear Crumble & Vanilla Sauce	Fish fingers Fish cake Aubergine parmigiana Chips Peas & spaghetti Chocolate Shortbread
Weeks Beginning: 11th Sept, 2nd & 31st Oct, 20th Nov, 11th Dec	Shepherds hotpot Pie Lentil Shepherds Pie Peas Panettone	Cheesy Pepperoni pasta Spinach cannelloni Garlic bread Roasted Vegetables Lemon sponge	Roast Beef Vegetarian Toad in the Hole Roast Potatoes Seasonal Vegetables Gravy Apricot Flapjack	<b>INDIAN DAY</b> Butter Chicken Spicy Cabbage & Potato Curry Yellow Rice Kale Naan bread Lime Jelly	Fish Fingers Scampi or Goujons Mushroom Rarebit Green Beans and Sweetcorn Banana Tart
Weeks Beginning: 18th Sept, 9th Oct, 6th & 27th Nov.	Turkey Chasseur Italian Bean Casserole Crusty Bread Swede & Carrot Mash Chocolate Popcorn Cake	Moussaka Vegetarian Moussaka Mixed Vegetables Madeleine Sponge & Custard	Roast Gammon Vegetable Filo Tart Roast Potatoes Seasonal Vegetables and Gravy Flavoured Mousse	<b>GERMAN DAY</b> Bavarian hunters beef stew Mushrooms in Pepper Sauce Sauté Potatoes Ratatouille Apple Strudel & Custard	Fish fingers Battered Fish Tomato & Basil Bruschettas Peas and Beans Chips Blueberry Pin Wheels

There will be daily freshly baked bread. All produce is locally sourced where possible. All desserts are made in house. We offer alternatives for dietary needs.