

Monday

BBQ Wrap

Chicken 669 Kcal or Falafel 697 Kcal
Served on a soft tortilla wrap with Chips & Salad £4.80

Bacon Chop

Topped with a fried egg
Served with Chips & Veg
567 Kcal

Vegetable Chilli

Mixed vegetables and beans in a spicy tomato sauce
Served with Rice
329 Kcal

Cheese & Onion Pasty

Flaky-pastry pasty filled with cheddar cheese, potato, onions and mustard.
873 Kcal
Served with a choice of Beans 65 Kcal Salad 17 Kcal or Veg 74 Kcal **Add Chips for 65p 223 Kcal per portion**

Cream of Mushroom

70 Kcal

Add a Petit Pain for 35p 164 Kcal

Tuesday

Stroganoff

Chicken 940 Kcal or Mushroom 690 Kcal
Served with rice £4.80

Italian inspired chicken Pasta Bake

Chicken pieces in a Italian tomato sauce topped with cheese. Served with Garlic Bread
723 Kcal

Chinese style Black bean

Mixed Veg 406 Kcal
Both served with rice **Add Springs Rolls(3) 123 kcal £1.50**

Sweet Chilli Sausage Turnover 550 Kcal

Pork sausages topped with cheese & sweet chilli sauce wrapped in a puff pastry.
Served with a choice of Beans 65 Kcal Salad 17 Kcal or Veg 74 Kcal **Add Chips for 65p 223 Kcal per portion**

**Carrot
&
Coriander
42 Kcal**

Add a Petit Pain for 35p 164 Kcal

Wednesday

Thai Red Curry

Chicken 481 Kcal Or **Vegetable** 379 Kcal Both served with Rice £4.80

Bacon Chop

Bacon Chop topped with cheese served with Chips & Veg **567 Kcal**

Add Fried egg 93 Kcal 45p

Vegetable Quesadilla

Oven baked tortilla filled with peppers, onions & mushrooms mixed in a spicy tomato sauce topped with cheese.

Served with chips & salad 649 Kcal £4.80

Traditional Cornish Pasty 712 Kcal

Flaky pastry pocket filled with potato, onion, swede and beef. **£3.80**

Served with a choice of Beans 65 Kcal Salad 17 Kcal or Veg 74 Kcal **Add Chips for 65p 223 Kcal per portion**

Celery & potato 116 Kcal

Add a Petit Pain for 35p 164 Kcal

Thursday

Sourdough Pizza

Hot dog on a BBQ base Or Margherita
Served with chips & salad £4.80

Piri piri Chicken

Chicken breast marinated in a piri piri sauce served with chips & corn on the cobb
597 Kcal £4.80

Mediterranean Pasta Bake

Penne pasta bake with Roasted Veg in a Mediterranean sauce topped with FETA? cheese
Served with Garlic bread

Steak slice 488 Kcal

Beef & onion in a rich tomato, garlic & mustard sauce, wrapped in crisp golden puff pastry

Served with a choice of Beans 65 Kcal Salad 17 Kcal or Veg 74 Kcal **Add Chips for 65p 223 Kcal per portion**

Spicy Swede & turnip

114 Kcal

Add a Petit Pain for 35p 164 Kcal

Friday

Fish & Chips

Battered fish Served with chips & mushy peas **711 Kcal**

Add a Floured bap 45p 231 Kcal

Or Scampi

Breaded scampi served with chips 7 Mushy Peas

Spicy Chicken Pie

chicken pieces marinated in a spicy madras sauce topped with puff pastry

Served with Chips & Veg

Red pepper, pesto & mozzarella Ciabatta

Served with Salad

£4.80

Cheese & Onion Pasty

Flaky-pastry pasty filled with cheddar cheese, potato, onions and mustard. 873 Kcal £3.80

Served with a choice of Beans 65 Kcal Salad 17 Kcal or Veg 74 Kcal **Add Chips for 65p 223 Kcal per portion**