




WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THE MAIN EVENT £1.95	Italian beef bolognese with spaghetti parmesan cheese and garlic bread (G,Se,Mk)	BBQ pulled chicken in a bun with crispy potato wedges and coleslaw (G,Se,E)	Roast Norfolk turkey breast, homemade parsley stuffing, gravy served with roast potatoes and steamed mixed vegetables (G)	Sancho Pollo chicken pieces served with spicy rice and bbq beans add your own peri peri sauce (Su,So,G,Ce)	Oven baked MSC Pollock fillet (F,G) served with chips and garden peas or baked beans
VEGETARIAN  £1.95	Macaroni cheese with a crunchy topping served with garlic bread and a seasonal salad (G,E,Mk,Se)	Italian potato gnocchi with a vegetable ratatouille sauce served with garlic bread (Mk,G)	Creamy mushroom and spinach pasta bake with a mixed leaf salad (Mk,E,G)	Moroccan vegetable and chickpea tagine served with cous cous (G) 	Mixed roasted sweet pepper, wholemeal quiche served with baked oven chips and baked beans (Mk,E,G) 
STREETFOOD £1.95	Hoi sin chicken with egg noodles stir fry (G,E,So,Se)	Minced lamb and rice burrito (Mu,Mk,G)	Oriental sweet chilli chicken with egg fried rice (G,E,Se)	Ciabata with spicy meatballs and cheddar (G,Mu,Mk)	Cajun chicken pitta sandwich with pineapple and salad (G,Mu)
PERFECT PUDDINGS 85p	Steamed jam sponge with custard (G,Mk,E)	Autumn fruit cobbler (Mk,G)	Treacle tart and custard (So,G,E,Mk)	Chocolate brownie (G,E,Mk)	Queen of puddings with custard (So,G,E,Mk)

 Mint

ITALIAN DAY
SEPTEMBER 26th

 Oregano

indian DAY
OCTOBER 13th

 Thyme

BONFIRE NIGHT
NOVEMBER 5th

 Sage

A Very Merry Menu
CHRISTMAS LUNCH

★  Look out for this icon on our menus for a better choice for you! ★



Ce = Celery
Cr = Crustacean
E = Eggs

F = Fish
G = Cereals containing Gluten
L = Lupin

Mk = Milk
Mo = Molluscs
Mu = Mustard

N = Nuts
P = Peanuts
Se = Sesame Seeds

So = Soya
Su = Sulphur Dioxide

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catering