MENL	J MENU	MENU	MENU	MENU	MENU	MENU	MENU	MENU	MENU	MENU	MENU	MENU	MENU	MENU	ME D	HSO	
MENL	J MENU	MENU	MENU	MENU	MENU -	MENU	MENU	MENU	MENU	MENU	MENU	MENU	MENU	MENU	Wee	kly Menu	
MEN	Week 3			Monday		Tuesday			Wednesday			Thursday			Friday		
MEN MEN MEN MEN	Meal of the Day £2.80 With Dessert £3.00		•	Chicken yasai samla Cambodian inspired curry (GF)		Mexican chilli beef con carne (GF) With tortilla chips and cheddar cheese			Slow roast pork loin and gravy (GF)			Lebanese style chicken flatbread with turmeric yoghurt, leaves, and selection of fresh salad (H)			Battered Cod(H) Or Cheese burger		
MEN MEN MEN MEN	Vegetarian Meal of the Day		w	oriental style noodles with sweet chilli(H)		South African sweet potato and bean boom chakalaka and natural yoghurt (GF)(H)			Italian risotto alla Milanese with a hint of saffron (GF)(H)			Spiced halloumi roasted vegetable flatbread with lemon scented couscous & turmeric yoghurt(H)			Macaroni cheese bake(H)		
MEN MEN MEN	Vegan Meal of the Day			Keralan coconut S potato, ch and spinac (GF)(l	Sweet ick pea h curry	Roasted vegetable and spinach tomato pasta bake with poor's man's parmesan topping(H)			Indian butter bean and Ientil sandal ( <b>GF)(H)</b>			Sweet potato and butter bean curry and rice (GF)(H)			Vegan macaroni cheese bake(H)		
MEN MEN	Potatoes with sea		-	rice (C	GF)		rice(GF)		Dauphino rice	oise potato e (GF)	<b>.</b> &	ric	e		Chips (GF	=)	
MEN	Desert o	of the Da	y	Apple crui vanilla cus			late spor ate custa	•		sponge ar :ard(H)	nd	Classic scl pudding		(	Chef speci	ial	
MEN MEN	POKE BOWLS £2.80			Selection of freshly prepared salads to choose <b>GF items</b>													
MEN	Jacket Potato			Freshly baked jacket potato with choice of fillings Cheese, beans & tuna mayo <b>GF</b>													
MEN MEN	Pasta In £2.40 Out £2.50			Homemade tomato & basil sauce topped with cheese sauce													
MEN	Evei	ry day															
MEN MEN				If you ha	ve any f	ood alle	ergies p	es please inform a member of the catering team									
MENU		MENU MENU	MENU MENU	MENU MENU	MENU MENU	MENU MENU	MENU MENU	MENU MENU		MENU MENU	MENU	MENU	MENU	MENU	MENU	MENU	