

# Week 3



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Lamb Chilli Con Carne and Rice</b> £1.90	<b>Chicken in a Caribbean Fruity Sauce with Sweet Potatoes</b> £1.90	<b>Roast Beef Dinner with all the Trimmings</b> £2.50	<b>Herbed Salmon Bake and Fresh Broccoli</b> £1.90	<b>Breaded / Battered Fish and Chips</b> £1.95
<b>Vegetarian Bean Curry and Rice</b> £1.80	<b>Vegetarian Lasagne and Garlic Bread</b> £1.80	<b>Spanish Omelette and Green Beans</b> £1.80	<b>Lentil and Roasted Vegetable Puff and Carrots</b> £1.80	<b>Summer Vegetable Wraps</b> £1.80
<b>Steamed Rice</b> 80p	<b>Sweet Potatoes Wedges</b> 85p <b>Garlic Bread</b> 55p	<b>Roast Potatoes</b> 55p	<b>Creamed Potatoes</b> 55p	<b>Chips</b> 85p
<b>Carrots</b> 50p <b>Sweet Corn</b> 50p	<b>Cauliflower</b> 50p <b>Mixed Vegetables</b> 50p	<b>Green Beans</b> 50p <b>Roasted Vegetables</b> 50p	<b>Broccoli</b> 50p <b>Carrots</b> 50p	<b>Baked Beans</b> 50p <b>Garden Peas</b> 50p

Fresh Seasonal Salad available daily.

<b>Wholemeal Banana Cake</b> 80p	<b>Pear &amp; Apple Pie</b> 80p	<b>Fruit Crumble</b> 80p	<b>Fruit Fool</b> 80p	<b>Chocolate &amp; Orange Sponge</b> 80p
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Various Cakes & Cookies available daily.

### Pasta Options

<b>Carbonara or Basilico</b>	<b>Beef Bolognese or Creamy Mushroom</b>	<b>Torino or Tomato &amp; Vegetable</b>	<b>Chicken Fire Cracker or Italiano</b>	<b>Three Cheese Sauce or Tomato &amp; Basil</b>
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### Guest Bar

<b>Selection of Hot Filled Baps/Baguettes</b> £1.80	<b>Pizzas</b> £1.20/£1.35	<b>Noodle Bar</b> £1.80	<b>Various Filled Wraps</b> £1.80	<b>Filled Jacket Skins</b> £1.20
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Jacket Potatoes with various fillings available daily.  
Please also see our Daily Specials Board.

