

MENU

Week 1:

04/01/22, 17/01/22, 31/01/22,
21/02/22, 07/03/22, 21/03/22

£2.30

EAT!
smart

MON

Greek garlicky, lemon Chicken with brown rice and broccoli **(None)**

TUE

Oriental sizzling stir fry Kung Po Chicken with shredded greens **(G,So)**

WED

Wholemeal Pasta Bake with beef bolognaise and chef's salad **(G,Mk)**

THU

Chicken Gyros with yoghurt & mint, pitta bread & crunchy Mediterranean. salad **(G,Mk)**

FRI

Salmon Fishcake Chef's salad and baked wedges **(G,So,Mu,F,E)**

£2.30

THEME!
bar

Sizzling Sausages
Pork Sausages **(Su,G)**
Veggie Sausages **(Su,So,Mu)**
Slow cooked onions Creamy Mash **(Mk)**

Indian Day
Keema beef curry
Homemade Giant Indian Vegetable Samosas **(G,Mu)**
Pilau rice **(Mk)**
Mint and Yoghurt sauce **(Mk)**

Best of Jamaica
Jerk Chicken Leg with rice and peas and jerk gravy **(None)**
Caribbean vegetable curry with rice and peas **(None)**

Taste of Italy
Beef Bolognaise with spaghetti **(G)**
Roast vegetable lasagne **(G, Mk)**
Garlic bread **(Mk, So, G)**

Fish and Chip Shop
Battered Fish Fillet **(G,F)**
Cheese and Onion Pasty **(G,Mk,E)**
Oven wedges Baked Bean **(G,Se,Mk)**
Chunky Tartare sauce **(Su,So,Mk,E)**
Ketchup

£1.10

HOT!
pudding

Apple crumble with custard **(G,Mk)**

Lemon and poppy seed sponge with custard **(G,Mk,E)**

Jamaican Ginger cake **(G,Mk,E)**

Fruit flapjack **(G, E, Mk)**

Banana Tea bread **(G,Mk,E)**



MEAL DEAL SAVERS!

Meal Deal

Buy a Main Meal with a Dessert for only **£2.50** (Save 30p)

Special Days!

LOOK OUT FOR SPECIAL MENUS

CHINESE NEW YEAR
TUESDAY 1ST FEBRUARY

RED NOSE DAY
FRIDAY 18TH MARCH

NATIONAL BBQ WEEK
3RD - 6TH MAY

PLATINUM JUBILEE STREET PARTY
FRIDAY 27TH MAY

WIMBLEDON GREAT BRITISH PICNIC
FRIDAY 24TH JUNE

LOOK OUT FOR LIMITED EDITION RECIPES FROM OUR MONTHLY BOOSTING INGREDIENT!

grain
filling foods

&

brain
boosting foods

ALLERGENS

F = Fish
Ce = Celery
Cr = Crustacean
E = Eggs
G = Cereals containing Gluten
L = Lupin
Mk = Milk
Mo = Molluscs
Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame Seeds
So = Soya
Su = Sulphur Dioxide

MENU

Week 2:

10/01/22, 24/01/22, 07/02/22,
28/02/22, 14/03/22, 28/03/22

£2.30

EAT!
smart

MON

Cajun grilled
Halloumi burger
coleslaw and
baked Cajun
wedges
(G,Se,Mu,Mk,E)

TUE

Healthy chicken and
mushroom stroganoff
(Mk, Mu, Su)

WED

Beef meatballs with
pasta and spicy
tomato sauce **(G)**

THU

Baked Tandoori
Chicken, scented
rice and naan
(G,Mk)

FRI

Baked Fish Finger
wrap, filled with
oven baked chips
and pea shoot salad
(G,F,E)

£2.30

THEME
bar

Beautiful Burgers

Classic Beef
Burger
Sesame
(G,Se)
Mayonnaise **(E)**,
shredded iceberg,
fried onions
(G,Mk) and
ketchup
Oven Chips
Sliced Cheese
(Mk)

All about Chilli
Chilli con carne **(Mu)**
sour cream **(Mk)**

Vegetable chilli
(Ce,Mu)

Chipotle potato
wedges

Red bean and chilli
jam salad

African day
Roast spiced
chicken
with jollof rice and
(None)

Jollof rice with
cauliflower steak
(None)

Fried plantain

Best of British
Beef stew with
creamy mash
potato
(Mk)

Green beans

Lentil shepherds
pie
(Mk, Ce)

**Fish and Chip Shop
Friday**

Fish fingers
Battered Fish Fillet
(G,F)

Oven baked wedges
Baked Beans
Chunky Tartare
sauce **(Su,So,Mk,E)**
Ketchup

£1.10

HOT!
pudding

Apple Crumble
with custard
(G,Mk)

Pineapple upside
down cake with
custard
(G,Su,Mk,E)

Sticky toffee
pudding
(G,Su,Mk,E)

Lemon Blondie
(G,Mk,E)

Oaty flapjack
(G, Mk, E)



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