

WEEKLY MENU

29th July - 2nd August

		2) July 2 Hugust		
National Lasagne Day				
Monday Main Meal of the Day	Tuesday Main Meal of the Day	Wednesday Main Meal of the Day	Thursday Main Meal of the Day	Friday Main Meal of the Day
Ross Cobb Farm Chicken Tikka Lasagne with a Red Onion and Cherry Tomato Salad	Blythburgh Farm Sweet and Sour Pork with Steamed Rice and Prawn Crackers	Clovenden Farm Beef Chilli Nachos with Guacamole, Sour Cream and Salsa, topped with Jalapenos and a Cheese Sauce	Flatbread stuffed with Mediterranean Marinated Chicken Thighs, Pepper, Onions, a Crunchy Salad and Fries	Brixham Battered Pollock with Fries, Garden Peas, Roasted Tomato and Tartare or Curry Sauce
£5.95	£5.95	£5.95	£5.95	£5.95
Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option	Vegetarian Option
Sweet Potato and Spinach Lasagne with a Red Onion and Cherry Tomato Salad	Mushroom, Kale and Cashew Stir Fry with Egg Noodles and a Vegetable Spring Roll	Mexican Bean Chilli Nachos with Guacamole, Sour Cream and Salsa, topped with Jalapenos and Cheese Sauce	Flatbread stuffed with Mediterranean Marinated Halloumi, Pepper, Onions, a Crunchy Salad and Fries	Battered Banana Blossom with Fries, Garden Peas, Roasted Tomato and Curry Sauce
£5.50	£5.50	£5.50	£5.50	£5.50
Available Daily				
Breakfast 8-10am	Full English Breakfast	Soup of the Day	Baked Potato	Salad Bar
Selection of	on a Friday	Served with a Roll	With a choice of	Selection of freshly
Self-Serve Items from Hot Servery.	Hot Savoury Pastries	£3.60	fillings from £1.20	prepared Self-Serve
		<i>a</i>	(Fridays available for	Items
Deal of the week			pre-order only, please order before 10am)	(Protein options available)
50% off Crisps with a Sandwich and Hot Drink			From £2.40	From £1.20 per 100g