

Week 1 menu format

11th of January 2016

Dish	Price	Monday		Tuesday	No	Wednesday	No	Thursday	No	Friday	No
Soup	£1.30	Tomato		Celery		Leek & Pot		Mush		French onion	
Deli Bar ~ Served 10 ~ 4.30pm											
Pizza	£1.50	12 inch pizza served on pizza plates on the deli bar pre cut									
Ind pies	£1.50	Mince Beef & Onion		Lasagne		Corned beef Pie		Shep Pie		Ind Pies	
Carvery	£2.50	Turkey & Stuffing		Beef & Onion		Honey baked Ham		Roast Pork		Meat Baguettes	
Deli 1		Chicken Tikka		Chilli Con carnie		H.M Chicken Kiev				MSC Breaded Fish	
Vegetarian		Vegetable stir fry		Veg pancake roll		Veg risotto		Veg Curry			
Jacket Potatoes with various fillings i.e. Cheese, tuna, beans, chicken fillings 11.30 ~ 2.30pm											
Panini's	£2.60	Supplied by a Local Welsh Sandwich supplier The Producers									
Toasties	£2.00	Supplied by a Local Welsh Sandwich supplier The Producers									
Vegetables	50p	Carrots		Parsnips		Swede		Carrots & Cabbage			
Side Dish		Rice & Poppo		Garlic Bread & Rice				Roast Pots & Rice			
Gravy	50p	Gravy		Gravy		Gravy		Gravy		Gravy	
Wok & Grill Bar 12pm ~ 2pm											
Wok Dish	£2.50	Vegetable stir fry	15	Chinese Pork & Noodles		Chicken Wraps					
Grill Bar	£2.50			Lamb Burger				Beef Burger			
Fruit Bar		Apple, Orange, Banana, Kiwi, Peaches, plums, mangos, Nectarine, grapes - Available according to seasonal availability									

Dishes highlighted in red are freshly prepared dishes

All fruit & veg is provided by Total produce a local supplier who will source local produce where feasible, see attached Total produce list.

Fruit and Vegetables are subject to seasonal variations'

Dishes highlighted in green are the vegetarian option placed on the menu every day and is equally advertised as any meat based dish.

All vegetarian dishes are where practical sourced via our local suppliers.

All Milk used/sold is supplied by Totally Welsh a local Welsh milk supplier

All meat supplied is locally sourced through Christian Howells our local meat supplier.

All eggs on the menu are free range via Total Produce