

**OPENING TIMES**

Breakfast Service: 08:15 - 10:30

Lunch Service: 12:00 - 14:00

All items subject to change

**Week Commencing 30<sup>th</sup> January**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of Breakfast Items, Coffees & Teas	Selection of Breakfast Items, Coffees & Teas	Selection of Breakfast Items, Coffees & Teas	Selection of Breakfast Items, Coffees & Teas	Selection of Breakfast Items, Coffees & Teas
<b>Soup £2.80</b>	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
<b>Main Course £6.25</b>	<u>Chinese New Year</u> Kung Po Chicken Served with Rice & Prawn Crackers 875 Kcal	Chicken, Sweetcorn & Smoked Paprika Mac "N" Cheese with Garlic Bread & Salad 773 Kcal	<u>Pizza Foundry</u> ½ Mighty Meat Pizza with Chips & Homemade Slaw	<u>Classic Comforts</u> Pork, Apple & Mustard Fricassee with Skin on Roast & Braised Red Cabbage 937 Kcal	Fish of the Day with Chips & Lemon 794 Kcal Add Peas 83 Kcal Baked Beans 107 Kcal Mushy Peas 125 Kcal
<b>Vegetarian Main Course £6.10</b>	<u>Meat Free</u> Chickenless Satay Served with Vegetable Noodles & Pickled Cucumber 687 Kcal	<u>Hellish Hot Dog</u> Veggie Texas Dog Served with Fries & Slaw 627 Kcal	<u>Pizza Foundry</u> ½ Italian Vegetable Pizza With Chips & Homemade Slaw	<u>Taste of Italy</u> Vegetarian Pasta Bolognese Served with Garlic Bread & Salad 974 Kcal	Roasted Squash, Sweet Potato & Black Bean Stew With Braised Rice 759 Kcal
<b>Fries £1.60</b>	Fried Potatoes 420 Kcal	Fried Potatoes 420 Kcal	Fried Potatoes 420 Kcal	Fried Potatoes 420 Kcal	Fried Potatoes 420 Kcal
<b>Spud Bar £4.20</b>	Jacket Potato, Cheese Beans, Coleslaw & Salad 846 Kcal	Jacket Potato, Cheese Beans, Coleslaw & Salad 846 Kcal	Jacket Potato, Cheese Beans, Coleslaw & Salad 846 Kcal	Jacket Potato, Cheese Beans, Coleslaw & Salad 846 Kcal	Jacket Potato, Cheese Beans, Coleslaw & Salad 846 Kcal
<b>Good to Go</b>	Freshly prepared Fruit & Salad Pots, Handmade Deli Sandwiches, Yogurts, Juices & Convenience Items served daily				

Adults require around 2000 Kcals per day