

# MENU

## WEEK COMMENCING 30<sup>th</sup> May 2022

### MONDAY

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Pork Supa Dog Sausage in a Soft Roll with Fried Onions  
**£2.85**

Roast Mediterranean Vegetable Pasta Bake Topped Mozzarella (V) **£2.85**

Seasoned Jacket Potato **70p**

Roast Tomato Soup **80p**  
*With a Bread Roll £1.25*

#### Sides

French Fries **£1.00**  
Garlic Bread **45p**

### TUESDAY

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Cottage Pie with Gravy **£3.25**

Roast Root Vegetable Pie  
**£2.85 (V)**

Seasoned Jacket Potato **70p**

Leek & Potato Soup **80p**  
*With a Bread Roll £1.25*

#### Sides

Chips **£1.00**  
Green Beans **60p**

### WEDNESDAY

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Honey Roast Gammon, Sage & Onion Stuffing, Mustard Gravy  
**£3.25**

Roast Aubergine with Feta, Chilli & Coriander with a Rocket, Tomato & Red Onion Salad (V) **£2.85**

Seasoned Jacket Potato **70p**

Broccoli & Stilton Soup **80p**  
*With a Bread Roll £1.25*

#### Sides

Roast Potatoes **£1.00**  
Selection of Vegetables **60p**

### THURSDAY

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**CLOSED BANK  
HOLIDAY**

### FRIDAY

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**CLOSED BANK  
HOLIDAY**

### INFORMATION...

ADULTS NEED  
AROUND  
**2000 KCAL**  
A DAY

If you have a food allergy or intolerance and require information about ingredients, please ask a member of our team.

# TODAY'S MENU

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## MAIN COURSE

**North Atlantic salmon Mediterranean pasta bake  
with red pesto & spinach**

*xxx kcal per portion*

**£4.50**

## VEGETARIAN

**Roasted chipotle tempeh, spiced butternut  
& Mediterranean vegetable traybake**

*xxx kcal per portion*

**£4.50**

## HOT JACKET

**Seasoned jacket potato with today's hot filling  
Chilli Con Carne**

*xxx kcal per portion*

**£4.50**

## SOUP

**Roasted parsnip soup (VG)**

*xxx kcal per 12oz bowl*

**£4.50**

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# MAIN COURSE

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**North Atlantic salmon, Mediterranean  
pasta bake with red pesto & spinach,  
Cajun spiced chunky chips**

*xxx kcal per portion*

**£4.50**

## SIDES

**Steamed Broccoli**

*xxx kcal per spoonful*

**£4.50**

**Honey glazed carrots**

*xxx kcal per spoonful*

**£4.50**

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# SOUP STATION

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## TODAY'S SOUP

### Roasted parsnip soup (VG)

*xxx kcal per 12 oz bowl*

**£4.50**

## WHY NOT ADD A TOPPING?

### House baked bread

*xxx kcal per slice*

**£0.25**

### Butter or spread

*xxx kcal per portion*

**£0.13**

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# VEGETARIAN

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**Roasted chipotle tempeh, spiced  
butternut & Mediterranean vegetable  
traybake (V)**

*xxx kcal per portion*

**£4.50**

## **SIDES**

**Steamed Broccoli**

*xxx kcal per spoonful*

**£4.50**

**Honey glazed carrots**

*xxx kcal per spoonful*

**£4.50**

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# HOTJACKETS

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## Oven baked potato

**£2.00**

*xxx kcal each (check ave. weight of potatoes on offer)*

## Hot Filling – Chilli Con Carne

*xxx kcal per scoop*

**£2.45**

## Baked beans

*xxx kcal per scoop*

**£2.45**

## Grated cheese

*xxx kcal per scoop*

**£2.85**

## Tuna mayonnaise

*xxx kcal per scoop*

**£2.91**

## Butter portion

*xxx kcal each*

**£0.15**

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# SALAD BAR

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**Small Plate**

**£3.00**

**Large Plate**

**£4.00**

## **TODAY'S SPECIALITY SALAD**

**Celery Salad with Horseradish  
& Winter Cabbage**

*xxx kcal per scoop*

**Mixed Leaves**

*xxx kcal per scoop*

**Fresh cut cucumber**

*xxx kcal per 4 slices*

**Salad tomatoes**

*xxx kcal per 4 quarters*

**Naked slaw**

*xxx kcal per scoop*

**Vegetables cous cous**

*xxx kcal per scoop*

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# FULL BREAKFAST

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|                             |              |                              |
|-----------------------------|--------------|------------------------------|
| <b>British bacon slice</b>  | <b>£0.89</b> | <i>xxx kcal each</i>         |
| <b>Pork sausage</b>         | <b>£0.70</b> | <i>xxx kcal each</i>         |
| <b>Cumberland sausage</b>   | <b>£0.92</b> | <i>xxx kcal each</i>         |
| <b>Hash brown</b>           | <b>£0.33</b> | <i>xxx kcal each</i>         |
| <b>Baked Beans</b>          | <b>£0.78</b> | <i>xxx kcal per spoon</i>    |
| <b>Plum tomatoes</b>        | <b>£0.32</b> | <i>xxx kcal per spoon</i>    |
| <b>Mushrooms</b>            | <b>£0.80</b> | <i>xxx kcal per spoon</i>    |
| <b>Black pudding</b>        | <b>£0.35</b> | <i>xxx kcal per slice</i>    |
| <b>Free range fried egg</b> | <b>£0.52</b> | <i>xxx kcal per egg</i>      |
| <b>Scrambled egg</b>        | <b>£1.05</b> | <i>xxx kcal per 2 spoons</i> |
| <b>Vegetarian sausage</b>   | <b>£0.67</b> | <i>xxx kcal each</i>         |
| <b>Fried bread</b>          | <b>£0.20</b> | <i>xxx kcal per slice</i>    |

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# MEAL DEAL

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Type your meal deal in here

*xxx kcal*

**£4.50**

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# FAST TRACK

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## **British bacon butty**

*xxx kcal per butty*

**£1.98**

## **Cumberland sausage butty**

*xxx kcal per butty*

**£1.75**

## **Mushroom, tomato & hash brown butty**

*xxx kcal per butty*

**£1.80**

## **British ham and mature Cheddar toastie**

*xxx kcal per toastie*

**£2.75**

## **Mushroom, cheese and Rocket croissant (v)**

*xxx kcal per croissant*

**£2.75**

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# TOAST

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|                            |                                           |
|----------------------------|-------------------------------------------|
| <b>Toast slice</b>         | <b>£0.89</b> <i>xxx kcal per slice</i>    |
| <b>Bloomer toast slice</b> | <b>£0.89</b> <i>xxx kcal per slice</i>    |
| <b>Bagel</b>               | <b>£0.89</b> <i>xxx kcal per bagel</i>    |
| <b>Butter portion</b>      | <b>£0.89</b> <i>xxx kcal each</i>         |
| <b>Sunflower portion</b>   | <b>£0.89</b> <i>xxx kcal each</i>         |
| <b>Strawberry jam</b>      | <b>£0.89</b> <i>xxx kcal per teaspoon</i> |
| <b>Raspberry jam</b>       | <b>£0.89</b> <i>xxx kcal per teaspoon</i> |
| <b>Marmalade</b>           | <b>£0.89</b> <i>xxx kcal per teaspoon</i> |
| <b>Marmite</b>             | <b>£0.89</b> <i>xxx kcal per teaspoon</i> |
| <b>Nutella</b>             | <b>£0.89</b> <i>xxx kcal per teaspoon</i> |
| <b>Peanut butter</b>       | <b>£0.89</b> <i>xxx kcal per teaspoon</i> |

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# PORRIDGE

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## Freshly made porridge

*xxx kcal per 12 oz bowl*

**£1.50**

## WHY NOT ADD A TOPPING?

**£0.50**

**Maple flavoured syrup**

*xxx kcal per teaspoon*

**Golden syrup**

*xxx kcal per teaspoon*

**Cinnamon**

*xxx kcal per teaspoon*

**Cinnamon sugar**

*xxx kcal per teaspoon*

**Sultanas**

*xxx kcal per teaspoon*

**Light brown sugar**

*xxx kcal per teaspoon*

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# TREATS

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**Chocolate Brownie**      **£0.34** *xxx kcal each*

**Flapjack**      **£0.40** *xxx kcal each*

**Cookie**      **£0.50** *xxx kcal each*

**Mars**      **£0.13**

**Kit Kat**      **£0.13**

**Twix**      **£0.25**

**Dairy Milk**      **£0.25**

**Snickers**      **£0.25**

**Sweet Idea Bags**      **£0.47**

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# TYPE IN HERE

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