

Week 1 Menu

Weekly menu	Monday	Tuesday	Wednesday	Thursday	Friday
Main Meal £1.80	Creamy Macaroni Pasta Bake	Filled Pitta Pocket with Falafel Balls	Baked Fillet of Salmon with Dill Sauce	Soya Mince Bolognaise	Vegetarian Burger in a Bun with Caramelised Onion
Alternative Meal £1.80	Leek & Lentil Croquette with Onion Gravy	Butternut Squash and Fagioli Bean Casserole	Lentil & Vegetable Stir Fry Noodles	Smoked Mackerel Kedgeree	Red Onion & Peas Risotto
Speciality Salad From £1.90	Gastro Box Grab & Go	Gastro Box Grab & Go	Gastro Box Grab & Go	Gastro Box Grab & Go	Gastro Box Grab & Go
Accompaniment 50p / 70p	Plain Pasta New Potatoes Carrot & Peas Diced Courgettes	Cous Cous Vegetable Medley Crunchy Salad	New Potatoes Plain Pasta Green Beans Diced Swede	Pasta Spaghetti Plain Rice Cauliflower Florets Peas & Sweet corn	New Potatoes Sauté Cabbage Tossed Salad Chipped potatoes
Dessert of the Day 90p	Carrot & Orange Cake served with Custard Sauce	Apple & Pear Crumble with Custard Sauce	Chocolate Cake with Chocolate Sauce	Bakewell Tart with Custard Sauce	Coconut Rock Cake with Vanilla Sauce
Spud Corner £1.90	Filled Jacket Potato served with side Salad	Filled Jacket Potato served with side Salad	Filled Jacket Potato served with side Salad	Filled Jacket Potato served with side Salad	Filled Jacket Potato served with side Salad

