

ACT 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Choose 1 Main + 2 Sides + 1 Sauce or Dip					
	ITALIAN	SOUTH AMERICAN	GRILL	ORIGINALS	ORIGINALS
MAINS Choose 1	Bolognese pasta melt	Spiced beef empanadas	Plain hot dog	Cottage pie	Freshly battered hoki OR Oven baked breaded pollack Oven baked salmon nuggets
or 1 Veggie	Macaroni cheese with freshly made parsley & garlic bread	Vegetable chilli burrito cone	Quorn hot dog	Vegetable & bean champ cottage pie with gravy	Vegetarian sausage roll
SIDES Choose 2	Wholemeal fusili pasta Mixed salad Tomato & onion salad	Oven baked sweet potato wedges Roasted spicy half corn on the cob Mixed salad	Caramelised onion Mixed salad Coleslaw	Fresh broccoli florets Fresh sliced carrots Mixed salad	Oven baked chips Garden peas & carrots House salad
SAUCES & DIPS Choose 1	Light mayonnaise and salad dressing (available for all mains)				
	Light mayonnaise	Guacamole	Light mayonnaise	Light mayonnaise	Tomato ketchup
	Salad dressing	Sour cream	Tomato ketchup	Salad dressing	Tartare sauce

ACT 2

Salad Pick 'n' Mix					
Choose a range of mains, toppings, sauces, dressings and bread					
SALAD MAIN	Green salad Simple roquette salad Tomato, onion & basil salad Green bean & carrot salad	Green salad Moroccan green pepper & tomato salad Moroccan green slaw Moroccan chickpea & sweetcorn salad	Mixed salad Coleslaw Roasted sweet pepper & pasta salad Simple beetroot salad	Mixed salad Coleslaw Lightly spiced rice & pepper salad Mixed bean salad	House salad Coleslaw Simple grated carrot salad New potato salad
TOPPING	Oven baked croutons, oven baked baguette croutons, baked tortilla croutons				
SAUCE	Light mayonnaise, lemon mayonnaise, garlic & herb mayonnaise				
DRESSING	Salad dressing, honey, mustard & lemon dressing, sesame soy dressing, sweet chilli dipping sauce				
BREAD	A selection of freshly baked bread available daily				

Why not add a dessert to your meal?

DESSERT	Choice of fresh red and green apples, oranges and bananas Seasonal fruit salad pot, black & green grape pot, mixed melon pot
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