

# WEDNESDAY

## Soup of the day

Spinach and broccoli **VG GF**

Small Take away - £3.50    Small Eat In - £4.20

Macaroni cheese bake with butternut squash  
served with one side of salad

Take away - £7.50    Eat in- £9.00

Slow cooked Hungarian beef goulash  
served with mash potato or basmati rice

Take away - £8.95    Eat in- £10.75

Mixed herbs roast chicken breast

Poached salmon fillet **DF**

Healthy option served with a choice of two sides of rice,  
salad or steamed vegetables

Take away - £8.95    Eat In - £10.75

## Something sweet

Pistachio cake

Take away £4.50    Eat In - £5.40

Selection of coffees, teas and freshly squeezed  
orange juice are available

# W8

## HOMEMADE SPECIALS

Mixed herbs chicken breast **DF**

Poached salmon fillet **DF**

served with a choice of two sides of rice, salad or steamed vegetables

Take away - £8.95   Eat In - £10.75

Spaghetti Bolognese or chilli con carne

Take away - £7.50   Eat In - £9.00

Roasted vegetable quiche served with two salads

**V**

Take away - £7.15   Eat In - £8.60

Served with a choice of two sides of rice, salads or steamed vegetables

# SALAD BAR

Large Salad                      Take away £6.00      Eat in £7.20

Regular Salad                  Take away - £4.40      Eat in £5.30

Grilled broccoli with chilli & garlic dressing **GF VG**

Sweet potato rings **VG GF**

Roast vegetables **VG GF**

Avocado salad **VG GF**

Red rice salad **VG**

Quinoa with wild rice & roasted vegetables **VG GF**