

Week 2 menu format

18th of January 2016

Dish	Price	Monday	Tuesday	Wednesday	Thursday	Friday	No	
Soup	£1.30	Minestrone	Tom & Basil	Broccoli & Cumin	Veg	Leek		
Deli Bar ~ Served 10 ~ 4.30pm								
Pizza	£1.50	12 inch pizza served on pizza plates on the deli bar pre cut						
Individual pies	£1.50	Ind Pies	Ind Pies	Ind Pies	Ind Pies	Ind Pies		
Carvery	£2.50	Roast Turkey	Roast Lamb	Roast Beef	Welsh Roast Pork	Glamorgan ham		
Deli 1		Welsh lamb p hot	Welsh Salmon	Glamorgan Sausages	Lamb Curry	MSC Battered Fish		
Vegetarian		Vegetable Chilli	Vegetable wraps	Thai veg noodles	Veg Casserole	Quorn Shep pie		
Paninis	£2.60	Supplied by a Local Welsh Sandwich supplier The Producers						
Toasties	£2.00	Supplied by a Local Welsh Sandwich supplier The Producers						
Vegetables	50p							
Gravy	50p	Gravy	Gravy	Gravy	Gravy	Gravy		
Wok & Grill Bar 12pm ~ 2pm								
Wok Dish	£2.50		Vegetable wraps	Thai veg noodles				
Grill Bar		Beef burger			Chicken & Noodles			
Apple, Orange, Banana, Kiwi, Peaches, plums, mangos, Nectarine, grapes - Available according to seasonal availability								

Dishes highlighted in red are freshly prepared dishes

All fruit & veg is provided by Total produce a local supplier who will source local produce where feasible, see attached Total produce list.

Fruit and Vegetables are subject to seasonal variations'

Dishes highlighted in green are the vegetarian option placed on the menu every day and is equally advertised as any meat based dish.

All vegetarian dishes are where practical sourced via our local suppliers.

All Milk used/sold is supplied by Totally Welsh a local Welsh milk supplier

All meat supplied is locally sourced through Christian Howells our local meat supplier.

All eggs on the menu are free range via Total Produce