

Week 3 menu format

25th of Jan 2016

Dish	Price	Monday	No	Tuesday	No	Wednesday	No	Thursday	No	Friday	No
Soup	£1.30	Tomato & Garlic		Mushroom		Cauliflower		Celery		Veg	
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	
Carvery	£2.50			Meat Baguettes		Roast Chicken		W. Roast Lamb	80	W. Roast Beef	
Deli 1		Welsh Faggots		Lamb & Leek pie		Liver & Onions		Fish Pie		MSC Breaded Fish	
Vegetarian		Fraggle rock pie		Veg Korma		Veg burrito		Veg pasta		Spinach pasta	
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	Courgettes		Sweetcorn		Carrots		Carrots & Peas		Peas	
Pots								Roast			
Gravy	50p	Gravy		Gravy		Gravy		Gravy			
Wok & Grill Bar 12pm ~ 2pm											
Wok Dish	£2.50	Veg Chow mein				Pork stir fry				Chicken curry	
Grill Bar				Welsh Rump Steak				Chicken Burger			
Fruit Bar		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