



**EAT
WELL**

WEEK 2
late lunch special

WEEKLY

MONDAY

Beef lasagne

Minced beef cooked with tomatoes, garlic and Italian herbs layered with pasta and topped with creamy cheese sauce

Vegetable fajitas

This vegetarian variation on a Mexican classic is colourful and full of flavour and will help towards your five a day

Cheese and potato pasty

Homemade pasty filled with tasty cheese and potato filling

TUESDAY

Sweet and sour turkey stir fry

UK turkey with crispy vegetables served the oriental way

Vegetable goulash

A spicy vegetable stew with a kick, seasoned with paprika

Beef meatball sub

Beef meatballs in a tangy tomato sauce, piled high in a crusty baguette

WEDNESDAY

Smoky tagliatelle

Tagliatelle served with a rich tomato sauce and smoky bacon

Vegetable biryani

Rice cooked with vegetables and medium hot Indian spices

Sweet chilli chicken wrap

Sweet chilli spices, flavours the chicken served on a bed of leaves and loaded into a tortilla

THURSDAY

Sausages, mash and onion gravy

Sausages served with freshly mashed potatoes in a rich onion gravy

Vegetable chow mein

Stir fried vegetables, cooked to perfection in this Chinese way

Sausage melt

Freshly baked baguette filled with a Hampshire sausage, tomato and melted cheese

FRIDAY

Fish and chip special

Fish cooked in a crispy batter with chips and peas and served with tartar sauce or lemon mayonnaise

Vegetable lasagne

Seasoned vegetables, cooked with tomatoes, garlic and Italian herbs, layered with pasta and topped with a creamy cheese sauce

Ham and cheese bagel

Fresh bagel loaded with ham and cheese

See menu for roast dinner special with all the trimmings