



From: 03.07.2017	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fresh soup (with bread) 65p	Soup of the day Croutons Tortilla chips Seeds	Soup of the day Croutons Tortilla chips Seeds	Soup of the day Croutons Tortilla chips Seeds	Soup of the day Croutons Tortilla chips Seeds	Soup of the day Croutons Tortilla chips Seeds
Fresh bread 30p	Ciabatta balls	Wholemeal bread	Farmhouse bread	Cheese topped bread	Wholemeal bread
Main course £2.10	Pepperoni and tomato sauce or Tuna pasta bake	Piri piri chicken breast with herby couscous and lemon dressing	Salmon fillet with chive butter sauce	Pulled chicken wrap with sour cream, tomato salsa and guacamole	Urban hotdogs with mustard mayonnaise and monteray jack cheese sauce
Vegetarian course £2.10	Ricotta tortellini in a tomato and basil sauce	Aubergine, tomato and mozzarella stack with a tomato vinaigrette	Asparagus and herb risotto	Mixed bean wrap with sour cream, tomato salsa and guacamole	Urban vegetarian hotdogs with mustard mayonnaise and monteray jack cheese sauce
Sides	Pasta	Herby couscous	Olive crushed new potatoes	Braised brown rice	French fries
Vegetables	Salad bar	Soy beans and curried cauliflower	Broccoli florets and tossed courgettes	Sautéed mixed pepper and red onion	Sweetcorn and garden peas
Quick & Easy	Jacket potato with baked beans and cheese or Neapolitan pasta with parmesan	Jacket potato with baked beans and cheese or Neapolitan pasta with parmesan	Jacket potato with baked beans and cheese or Neapolitan pasta with parmesan	Jacket potato with baked beans and cheese or Neapolitan pasta with parmesan	Jacket potato with baked beans and cheese or Neapolitan pasta with parmesan
Dessert From £1.05	A selection of potted fruit, yoghurt pots and homemade baked goods	A selection of potted fruit, yoghurt pots and homemade baked goods	A selection of potted fruit, yoghurt pots and homemade baked goods	A selection of potted fruit, yoghurt pots and homemade baked goods	A selection of potted fruit, yoghurt pots and homemade baked goods

Salad bar with homemade dressings available daily