

# Lunch Menu



## Monday

|  |       |  |       |
|--|-------|--|-------|
| Organic Pork Meatballs, Tomato Ragu, Pasta, Salad  | £1.90 | (v) Creamy Vegetable Lattice Pastry                    | £1.30 |
| Fish Fillet Finger Bap, Lemon Mayo, Crispy Lettuce | £1.40 | <b>Joess</b> love Chicken Doner Kebab, Salad, Dressing | £1.90 |

## Tuesday

|  |       |   |       |
|--|-------|---|-------|
| Homemade Organic Beef Lasagne, Fresh Salad | £1.90 | (v) Potato Topped Broccoli and Sweetcorn Bake   | £1.70 |
| Hot Roast Gammon Bap with Ketchup          | £1.45 | Proper Cornish/(v) Vegetable Pasty, Baked Beans | £1.50 |



## Wednesday - Roast Day

Roast Joint of the Day with Crispy Roast Potatoes and Fresh Vegetables £1.90 add a Yorkie Pud for 30p

(v) Cheddar Cheese and Potato Pie with Fresh Vegetables £1.70

(v) Quorn Dippers, Sweet Chilli Dip and Baked Potato Wedges £1.70

**Joess** love Marinated Chicken Drumsticks £1.70



## Thursday - Curry Club

Choice of two curries every Thursday, one meat £1.90 and one veggie £1.70 served with Basmati Rice and Fresh Salad

ADD EXTRAS Naan Bread 35p / Minted Yoghurt - Free

Quarter Pound Beef Burger with Salad £1.85

(v) Roasted Vegetable and Mozzarella Flatbread £1.85



## Fish and Chips Fridays

|  |       |                     |       |
|--|-------|---------------------|-------|
| Breaded or Battered Fish Fillet with Chips and Peas  | £1.75 | (v) Italian Hot Dog | £1.60 |
| (v) Vegan, Organic 3 Bean Chilli on Nachos with optional Sour Cream and Grilled Cheese £1.70 |       |                     |       |

## Everyday

Various hot filled Breads and Baps from £1.45, (v) Pizza of the Day from £1.00

(v) Filled Jacket Potatoes from £1.45, (v) Hot Pasta Pots from £1.45/£1.70

(v) Fresh Bread Basket 33p (v) Cheese Portion 40p (v) Grated Cheese Pot 60p (v) Crackers 30p

**FRESH SALAD BAR – HELP YOURSELF FROM TODAY'S SELECTION 500ml box £1.95**

A selection of (v) Sweet Baked Goods, Homemade Cake or Biscuit, from 45p

(v) Fresh Fruit Pots, Yoghurts, Whips and Jellies from 50p

**Allergies - your Catering Manager has information regarding the allergenic contents of dishes and products on our menu. If you are unsure please ask a member of the catering staff for assistance - thank you.**

(v) vegetarian options available.

*See menu board for today's selection*

# Lunch Menu



## Monday

|                                    |       |  |       |
|------------------------------------|-------|--|-------|
| Malaysian Chicken with Egg Noodles | £1.90 | (v) BBQ Veggie Sausage, Baked Wedges, Veggies or Salad         | £1.70 |
| Bacon and Egg Bagel                | £1.75 | <b>Joes</b> love Chicken Burrito Bake/Sour Cream & Fresh Salad | £1.90 |

## Tuesday

|  |       |                                 |       |
|--|-------|---------------------------------|-------|
| Organic Beef Spaghetti Bolognese with Fresh Salad      | £1.90 | (v) Quorn Stir Fry with Noodles | £1.90 |
| Homemade Chicken Balti Pie, Potatoes, Veggies or Salad | £1.90 | BLT Hot Dog                     | £1.40 |



## Wednesday Roast Day

Roast Joint of the Day with Crispy Roast Potatoes and Fresh Vegetables £1.90 add a Yorkie Pud for 30p  
(v) Farmhouse Omelette with Fresh Salad £1.90  
**Joes** love BBQ Chicken Flatbread £1.90  
Fish Fillet Finger Wrap £1.40



## Thursday - Curry Club

Choice of two curries every Thursday, one meat £1.90 and one veggie £1.70 served with Basmati Rice and Fresh Salad  
ADD EXTRAS Naan Bread 35p / Minted Yoghurt - Free  
Quarter Pound Cheeseburger with Salad £1.95  
Italian Style Organic Pork Meatball Sub £1.90



## Fish and Chips Fridays

|  |       |                                   |       |
|--|-------|-----------------------------------|-------|
| Breaded or Battered Fish Fillet with Chips and Peas                          | £1.75 | (v) Haloumi Burger, Onion Chutney | £1.85 |
| (v) Vegan, Gluten and Dairy Free Moroccan Falafel Bites with Chips and Sauce | £1.70 | or (v) Korma Falafel Wrap         | £1.85 |

## Everyday

Various hot filled Breads and Baps from £1.45, (v) Pizza of the Day from £1.00  
(v) Filled Jacket Potatoes from £1.45, (v) Hot Pasta Pots from £1.45/£1.70

(v) Fresh Bread Basket 33p (v) Cheese Portion 40p (v) Grated Cheese Pot 60p (v) Crackers 30p

**FRESH SALAD BAR – HELP YOURSELF FROM TODAY'S SELECTION 500ml box £1.95**

A selection of (v) Sweet Baked Goods, Homemade Cake or Biscuit, from 45p

(v) Fresh Fruit Pots, Yoghurts, Whips and Jellies from 50p

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## Monday

Hunter's Chicken (Bacon, Cheese, BBQ Sauce), Potatoes, Salad £1.90 (v) Cheesy Frittata Muffins (2) with Salad £1.70  
Seaside Fish Fillet Bap, Mayo, Crispy Lettuce £1.75 / Chicken Goujons, Wedges, Dips £1.70 / (v) Sweet Potato Fries £1.20

## Tuesday

Homemade Chicken Pie, Potatoes, Fresh Vegetables £1.90 (v) Vegetarian Chilli, Rice, Salad £1.70  
(v) Vegetable Bagel Burger £1.85 **Joess** Chicken Raita Flatbread £1.90



## Wednesday Roast Day

Roast Joint of the Day with Crispy Roast Potatoes and Fresh Vegetables £1.90 add a Yorkie Pud for 30p  
(v) Mac 'n' Cheese with Fresh Vegetables £1.70  
(v) Quorn Steak Strips and Mozzarella Baguette £1.90  
Chicken Burger £1.35



## Thursday - Curry Club

Choice of two curries every Thursday, one meat £1.90 and one veggie £1.70 served with Basmati Rice and Fresh Salad  
ADD EXTRAS Naan Bread 00p / Minted Yoghurt - Free  
Fish Fillet Fingers, Wedges and Dips £1.70 (v) Sweet and Sour Quorn Dippers, Egg Noodles £1.90



## Fish and Chips Friday

Breaded or Battered Fish Fillet with Chips and Peas £1.75 (v) Mediterranean Flatbread £1.85  
(v) Veggie Hot Dog with Fried Onions and Ketchup £1.30

## Everyday

Various hot filled Breads and Baps from £1.45, (v) Pizza of the Day from £1.00  
(v) Filled Jacket Potatoes from £1.45, (v) Hot Pasta Pots from £1.45/£1.70  
(v) Fresh Bread Basket 33p (v) Cheese Portion 40p (v) Grated Cheese Pot 60p (v) Crackers 30p  
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