WEEK ONE

MAIN PLATE £2.30
THE VEG PATCH £2.30
PASTA POT MEDIUM £1.80  LARGE £2.20
1 POT £2.30
HOT BREAD PIZZA £1.30  WRAPS £2.30
CUCINA BASIC 50P
PUD £1.10

WE ONLY SERVE FOOD WE WOULD BE HAPPY TO BE SERVED OURSELVES. MOST OF OUR MEAT IS RED TRACTOR ACCREDITED AND BRITISH, OUR EGGS AND MISO ARE FREE RANGE. OUR FISH IS CAUGHT FROM SUSTAINABLE STOCKS, OUR COFFEE AND CHOCOLATE ARE FAIRTRADE TO FURTHER REDUCE FOOD MILES, 90% OR MORE OF OUR FRUIT AND VEGETABLES GROWN IN THE UK AND WE VISIT THE FARMS WHERE THEY ARE GROWN REGULARLY BUT SOURCING GREAT INGREDIENTS IS POINTLESS WITHOUT PROPERLY SKILLED CHEFS DETERMINED TO TURN IT INTO GREAT FOOD EVERY DAY, SO WE INVEST IN THAT RARE BREED AS WELL! ALL OF OUR FOODS ARE PREPARED IN AN ENVIRONMENT WHERE NUTS AND OTHER FOOD ALLERGENS ARE PRESENT. IF YOU HAVE SPECIAL DIETARY REQUIREMENTS, PLEASE SPEAK TO OUR EXECUTIVE CHEF WHO WILL BE HAPPY TO FIND SOMETHING SUITABLE.
## WEEK TWO

### MONDAY
- **Main Plate** £2.30
- **The Veg Patch** £2.30
- **Pasta Pot** Medium £1.80, Large £2.20
- **1 Pot** £2.30
- **Hot Bread** Pizza £1.30, Wraps £2.30
- **Cucina Basic** 50p
- **Pud** £1.10

### TUESDAY
- **Classic Favourites**
- **Eastern**
- **Great British**
- **Southern Style**
- **Fish & Chip**

### FRIDAY
- **Bringing Your Favourite Food to You**

**FREE**
- **School Meals**
- **14 Inch Pizza**
- **Take Home a Take Away**

**LESS THAN 300 calories**

**ALL OF OUR DELI RANGE**
- **Pop Up Promotions**
- **Cucina Sundae**

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**WE ONLY EVER SERVE FOOD WE WOULD BE HAPPY TO BE SERVED OURSELVES. MOST OF OUR MEAT IS RED TRACTOR ACCREDITED AND BRITISH, OUR EGGS AND MISO ARE FISH FREE RANGE, OUR FISH IS CATCHED FROM SUSTAINABLE SOURCES, OUR COFFEE AND CHOCOLATE ARE FAIR TRADE. TO FURTHER REDUCE FOOD MILES, 60% OR MORE OF OUR FRUIT AND VEGETABLES ARE GROWN IN THE UK AND WE VISIT THE FARMS WHERE THEY ARE GROWN. BUT SOURCING GREAT INGREDIENTS IS POINTLESS WITHOUT PROPERLY SKILLED CHEFS DETERMINED TO TURN IT INTO GREAT FOOD EVERY DAY, SO WE INVEST IN THAT RARE BREED AS WELL. ALL OF OUR FOODS ARE PREPARED IN AN ENVIRONMENT WHERE NUTS AND OTHER FOOD ALLERGENS ARE PRESENT. IF YOU HAVE SPECIAL DIETARY REQUIREMENTS, PLEASE SPEAK TO OUR EXECUTIVE CHEF WHO WILL BE HAPPY TO FIND SOMETHING SUITABLE.**
**WEEK THREE**

### Monday
- **Main Plate**: £2.30
  - Spaghetti & Meatballs
  - Garlic Pizza Bread, Seasonal Veg or Garden Salad
- **The Veg Patch**: £2.30
- **Pasta Pot**
  - Medium £1.80
  - Large £2.20
- **1 Pot**: £2.30
  - Meat →
  - Non Meat →
  - Base →
  - Sauce →
- **Hot Bread**
  - Pizza £1.30
  - Wraps £2.30
- **Cucina Basic 50p**
- **Pud**: £1.10
  - Hot →
  - Cold →

### Tuesday
- **Main Plate**: £2.30
  - Sweet & Sour Chicken
  - Egg Fried Rice, Prawn Crackers
- **Eastern Style**
  - Vegetable Spring Rolls
  - Egg Fried Rice, Prawn Crackers
- **Great British**
  - Roast Gammon
  - Yorkshire Pudding, Stuffing & Roasted Veg, Pan Gravy
- **Fish & Chip**
  - Macaroni Cheese Bake
  - Spicy Wedges, Coleslaw, Blackened Corn

### Wednesday
- **Main Plate**: £2.30
  - Roast Gammon
  - Yorkshire Pudding, Stuffing & Roasted Veg, Pan Gravy
- **The Veg Patch**: £2.30
- **Pasta Pot**
  - Medium £1.80
  - Large £2.20
- **1 Pot**: £2.30
  - Meat →
  - Non Meat →
  - Base →
  - Sauce →
- **Hot Bread**
  - Pizza £1.30
  - Wraps £2.30
- **Cucina Basic 50p**
- **Pud**: £1.10
  - Hot →
  - Cold →

### Thursday
- **Main Plate**: £2.30
  - Three Bean Quesadilla
  - Onion Bhaji Burger
- **The Veg Patch**: £2.30
- **Pasta Pot**
  - Medium £1.80
  - Large £2.20
- **1 Pot**: £2.30
  - Meat →
  - Non Meat →
  - Base →
  - Sauce →
- **Hot Bread**
  - Pizza £1.30
  - Wraps £2.30
- **Cucina Basic 50p**
- **Pud**: £1.10
  - Hot →
  - Cold →

### Friday
- **Main Plate**: £2.30
  - Cucina Basic 50p
- **The Veg Patch**: £2.30
- **Pasta Pot**
  - Medium £1.80
  - Large £2.20
- **1 Pot**: £2.30
  - Meat →
  - Non Meat →
  - Base →
  - Sauce →
- **Hot Bread**
  - Pizza £1.30
  - Wraps £2.30
- **Cucina Basic 50p**
- **Pud**: £1.10
  - Hot →
  - Cold →

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*We only serve food we would be happy to be served ourselves. Most of our meat is red tractor accredited and British, our eggs and many are free range. Our fish is caught from sustainable stocks, our coffee and chocolate are fair trade. To further reduce food miles, 95% or more of our fruit and veg is grown in the UK and we visit the farms where they are grown regularly. But sourcing great ingredients is pointless without properly skilled chefs determined to turn it into great food every day, so we invest in that rare breed as well! All of our foods are prepared in an environment where nuts and other food allergens are present. If you have special dietary requirements, please speak to our executive chef who will be happy to find something suitable.*