

Bates Weekly Menu.

| Lunch | Mon | Tue | Wed | Thu | Fri |
|------------------------|--|--|--|--|---|
| 16 th March | | | | | |
| Mains £2.50 | Roasted Chicken Leg with Vegetarian Gravy, Carrots & Crushed Potato | Beef lasagne with a garlic dough ball, Panzanella salad and sautéed vegetables | Roast shoulder of pork, apple sauce, gravy, roast potatoes, broccoli mornay and carrots | Greek style chicken thigh with a spinach and feta sauce, Greek salad and braised red onion and lemon potatoes | A choice of Battered cod, Jumbo fish fingers or steamed haddock with chips and mushy peas |
| Plant based £2.45 | Gnocchi & Spinach in Tomato Sauce with Green Beans, Red Onion & Cherry Tomato | Eggplant, zucchini, roasted pepper & mozzarella filled wrap with coriander yoghurt, crushed new potatoes and sautéed vegetables | Mozzarella, tomato & zucchini bruschetta with broccoli mornay, carrots and roast potatoes | Sweet and sour Quorn with crunchy vegetables and aromatic rice | American Quorn hot dog with fried onions, chips and baked beans |
| Global flavours | Pitta Pizza Pepperoni, Cheese & Tomato Pitta Pizza or Cheese & Tomato Pitta Pizza with Pesto, with Tomato, Roasted Pepper & Parmesan Salad £2.40 | Thai broth station Thai coconut curry broth Egg noodles, roasted lemon chicken or roasted Quorn pieces, Thai cabbage, mixed vegetables and sweet chilli sauce £2.90 | Pasta bar Tomato & basil sauce or a bolognaise sauce, garlic bread and parmesan cheese £2.45 | Nacho Mexican Vegetarian chipotle bar Nachos topped with Chipotle vegetable mince & beans, braised rice, cheddar cheese, charred corn, sour cream and chipotle sauce £2.80 | Pasta bar Tomato & oregano sauce or a carbonara sauce, garlic bread and parmesan cheese £2.45 |
| Soup & bread 85p | Chunky vegetable Tomato & Herb Bread | Tomato Focaccia | Minestrone Mixed Herb Bread | Leek & potato Wholemeal bloomer | Carrot Norwegian Loaf |
| Dessert 80p each | Panna cotta with berry compote Marble cake with custard Cantaloupe melon Yoghurt selection | Meringue, chantilly cream and fresh fruit Chocolate chip cake with chocolate sauce Fresh pineapple Yoghurt selection | Tiramisu Lemon drizzle cake with custard Watermelon Yoghurt selection | Chocolate and orange mousse Rhubarb crumble with custard Fresh pineapple Yoghurt selection | Mixed berry Eton mess Bread & butter pudding With custard Galia melon Yoghurt selection |

Salad bar - A selection of individual salads -25p each
A selection of composite salads – 65p each
A selection of salad proteins from 65p each