

TINDAL CAFÉ

Week Commencing 30th April 2012

****All dishes subject to availability**

| | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> |
|--------------------------------|----------------------|--------------------------------------------------|----------------------------------------------|------------------------------------|--------------------------------------|
| Main 1 | Meatballs and Pasta | Sausage and Onions | Fish Fingers | Beef Lasagne with Garlic Bread | Paella |
| Main 2 | Home made Quiche (V) | Spicy Potato Cakes with Chilli and Coriander (V) | Pasta Shells with Tomato and Basil Sauce (V) | Gnocchi with Lemon and Chive Pesto | Vegetable & Bean Burger in a Bun (V) |
| Grab & Go Selection | BBQ Chicken | BBQ Chicken | BBQ Chicken | BBQ Chicken | |
| | Savoury Pastries | Savoury Pastries | Savoury Pastries | Savoury Pastries | Savoury Pastries |
| | Potato Wedges | Potato Wedges / Mashed Potato | Potato Wedges / Rice | Potato Wedges / Mashed Potatoes | Potato Wedges / Rice |
| | Jacket Potatoes | Jacket Potatoes | Jacket Potatoes | Jacket Potatoes | Jacket Potatoes |
| | Baked Beans | Baked Beans | Baked Beans | Baked Beans | Baked Beans |

V = Vegetarian

VV = Vegan

H = Halal

Could contain high amounts of fat

Has reduced fat, salt or sugar

Could contain a small amount of fat, salt or sugar