

# MENU

## WEEK B

- GF Gluten Free
- V Vegetarian
- Ve Vegan
- H Halal

**DISCLAIMER - PLEASE READ**

Please inform a member of staff of any dietary requirements or allergies when ordering, so we can ensure you are catered for appropriately.

All dishes are prepared using the correct ingredients; however, they are made in a kitchen where allergens may be present.

If you have any severe food allergies, it is essential that you speak to a member of staff before ordering.

### DID YOU KNOW?

Something for everyone!

Every day you'll find delicious dishes on our menu, with choices to suit all diets and lifestyles



**NEW**

**LOOK OUR FOR DESERTS EVERY THURSDAY!**

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

**HOT OPTION 1**

Spanish Omelette  
Sausage, Red Onion & Cheese  
or  
Red Onion, Spinach, Cheese

**HOT OPTION 2**

Vegetable Stir Fry  
Mange Tout, Baby Sweetcorn, Peppers, Red Onions, Chinese Cabbage, Garlic, Ginger, Beansprouts, Egg Noodles

Spiced Chicken Fajitas with Curried Rice

Spiced Mixed Vegetable Fajitas with Curried Rice

Homemade slow cooked Tomato sauce with Fusilli Pasta, served with Crispy Garlic Bread

The Bay Breakfast  
Bacon, Sausage, Mushrooms & Potato Waffle

The Veggi Bay Breakfast  
Quorn Sausage, Mushrooms & Potato Waffle

**SERVED WITH**

Homemade Crusty Bread  
Homemade Coleslaw

Steamed Corn on the Cob

Homemade Coleslaw & Potato Salad

Steamed Peas, Sweetcorn & Green Beans

Baked Beans, Roasted Tomatoes & Scrambled Egg

**JACKET POTATO**

Filled with your choice of warm Baked Beans, melted Cheese or creamy Tuna mayo

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## FRESH FRUIT

A colourful mix of Apples, Oranges, Bananas, Pears, Kiwis, Grapes, Strawberries & Watermelon; fresh, sweet, and crisp!

## SALAD BAR

A vibrant medley of garden-fresh Leaves & Rocket, paired with crisp vegetables, Sweetcorn & Beetroot