





Press Self Service Restaurant

Week Commencing 8 January 2007


Monday

Cream of Tomato Soup v 	£0.55
Today's Pasta with Leek & Tarragon Sauce v	£1.20
or with Sausage, Mushroom, Chilli & Pinenut Sauce	£1.65
Macaroni Cheese v	£1.20
Minute Steak with Chinese Greens ♥ 	£3.40

Tuesday

Spiced Red Lentil Soup v 	£0.55
Today's Pasta with Tomato & Herb Sauce v♥	£1.20
or with Carbonara Sauce	£1.40
Lamb Curry with Steamed Rice	£3.40
Salmon Escalope with New Potatoes ♥ 	£3.40


Wednesday


Vegetables & Garden Herb Soup v 	£0.55
Today's Pasta with Italian Meatballs	£2.15
or with Lentil & Tomato Cream Sauce v	£1.20
Beef Stew with Dumplings	£2.15
Chicken Fajitas	£3.20

Thursday

White Onion Soup with Garlic Croutons v	£0.55
Today's Pasta with Plum Tomato & Spinach Sauce v	£1.40
or with Chicken & Broccoli Cream Sauce	£2.15
Sausage & Mash	£1.95
Mackerel with a Herb Crust	£2.40

Friday

Cauliflower Soup  v	£0.55
Today's Pasta with Salmon & Leek Cream Sauce	£1.40
or with Tomato & Herb Sauce v♥	£1.20
Haddock & Chips with Mushy Peas	£3.40
Turkey Escalope with Lemon & Parsley	£2.15
Selection of Omelettes available daily, to order	£1.20

v Vegetarian Option
♥ Healthy Eating Option
 Suitable for Coeliacs