## **CONWAY CENTRE MENU 2024**

| Monday                              | Tuesday                              | Wednesday                           | Thursday                             | Friday                              |
|-------------------------------------|--------------------------------------|-------------------------------------|--------------------------------------|-------------------------------------|
| Apple/ Orange Fruit Juice 100ml     | Apple/ Orange Fruit Juice 100ml      | Apple/ Orange Fruit Juice 100ml     | Apple/ Orange Fruit Juice 100ml      | Apple/ Orange Fruit Juice 100ml     |
| Choice of Cereals (Cornflakes, Rice | Choice of Cereals (Cornflakes, Rice  | Choice of Cereals (Cornflakes, Rice | Choice of Cereals (Cornflakes, Rice  | Choice of Cereals (Cornflakes, Rice |
| Krispies, Weetabix, Bran flakes)    | Krispies, Weetabix, Bran flakes)     | Krispies, Weetabix, Bran flakes)    | Krispies, Weetabix, Bran flakes)     | Krispies, Weetabix, Bran flakes)    |
| Bacon, Scrambled Egg, Baked         | Sausage, Scrambled Egg, Baked        | Bacon, Scrambled Egg, Baked         | Sausage, Scrambled Egg, Baked        | Bacon, Scrambled Egg, Baked         |
| Beans.                              | Beans.                               | Beans.                              | Beans.                               | <mark>Beans.</mark>                 |
| OR                                  | OR                                   | OR                                  | OR                                   | OR OR                               |
| Vegetarian/Vegan Breakfast          | Vegetarian/Vegan Breakfast           | Vegetarian/Vegan Breakfast          | Vegetarian/Vegan Breakfast           | Vegetarian/Vegan Breakfast          |
| Veg Sausage (x2), Tomato, Beans,    | Veg Sausage (x2), Tomato, Beans,     | Veg Sausage (x2), Tomato, Beans,    | Veg Sausage (x2), Tomato, Beans,     | Veg Sausage (x2), Tomato, Beans,    |
| Scrambled Egg                       | Scrambled Egg                        | Scrambled Egg                       | Scrambled Egg                        | Scrambled Egg                       |
| OR                                  | OR                                   | OR                                  | OR                                   | OR                                  |
| Croissant (V)                       | Croissant (V)                        | Cinnamon & Raisin Bagel (V, VG)     | Croissant (V)                        | Cinnamon & Raisin Bagel (V, VG)     |
| Fresh Fruit                         | Fresh Fruit                          | Fresh Fruit                         | Fresh Fruit                          | Fresh Fruit                         |
| Toast with Butter & Jam (V)         | Toast with Butter & Jam (V)          | Toast with Butter & Jam(V)          | Toast with Butter & Jam (V)          | Toast with Butter & Jam (V)         |
| Daily Packed Lunch Option           | Jacket Potato/Deli Bar               | Pasta Bar                           | Jacket Potato/Deli Bar               | <mark>Pasta Bar</mark>              |
| Ham/Turkey/Cheese /Tuna Mayo        | Jacket Potato                        | Daily Packed Lunch Option           | Jacket Potato                        | Daily Packed Lunch Option           |
| or Egg Mayonnaise Baguette -        | Hot /Cold Baguette                   | Ham/Turkey/Cheese /Tuna Mayo        | Hot /Cold Baguette                   | Ham/Turkey/Cheese /Tuna Mayo        |
| Vegan Cheese Available              | served with a selection of fillings. | or Egg Mayonnaise Baguette -        | served with a selection of fillings. | or Egg Mayonnaise Baguette -        |
| Selection of Fruit                  |                                      | Vegan Cheese Available              |                                      | Vegan Cheese Available              |
| Biscuit                             | Served with Mixed Salad &            | Selection of Fruit                  | Served with Mixed Salad &            | Selection of Fruit                  |
| Crisps                              | Coleslaw                             | Biscuit                             | Coleslaw                             | Biscuit                             |
|                                     |                                      | Crisps                              |                                      | <u>Crisps</u>                       |
| Maccaroni cheese with Garlic        | Pasta Bolognese served with Garlic   | Chicken goujons                     | Chicken Curry, Naan Bread & Rice     | Beef Bolognese served with Garlic   |
| bread                               | Bread                                | <b>.</b>                            |                                      | Bread,                              |
|                                     |                                      | Cottage Pie                         | Chickpea & Lentil Curry,             | ,                                   |
| Pasta Arrabiata (V, VG) with Garlic | Margaritta Pizza                     | 5                                   | Naan Bread & Rice (V, VG)            | Vegetarian Meatballs and Pasta in   |
| Bread                               | Served with chips (V)                | Cheese and Onion Pasty (V)          |                                      | Tomato Sauce                        |
|                                     | . , ,                                |                                     | Battered/Breaded Fish served with    |                                     |
| Haddock Goujons and Sauté           | Salmon & Sweet Potato Fishcakes      | Potato wedges                       | Chips                                | Breaded Chicken Burger, Lettuce     |
| Potatoes                            | served with chips                    |                                     |                                      | Mayo in a bun served with Chips     |
|                                     | , i                                  | Seasonal Vegetables /Mixed Side     | Seasonal Vegetables /Mixed Side      |                                     |
| Seasonal Vegetables /Mixed Side     | Seasonal Vegetables /Mixed Side      | Salad                               | Salad                                | Seasonal Vegetables /Mixed Side     |
| Salad                               | Salad                                |                                     |                                      | Salad                               |
|                                     |                                      | A selection of desserts             | A selection of desserts              |                                     |
| A selection of desserts             | A selection of desserts              |                                     |                                      | A selection of desserts             |

<sup>(</sup>V) - suitable for Vegetarians, (VG) - suitable for Vegans - Many of the dishes can also be made to meet the needs of Vegetarians/Vegans on prior request.

All dishes are subject to availability and may change at short notice

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