

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Soup Roasted Tomato & Basil with Homemade Bread of the day</p>	<p>Soup Carrot, Coriander and Ginger with Homemade bread of the day</p>	<p>Soup Red Lentil and Chilli with Homemade bread of the day</p>	<p>Soup Ginger & Butternut Squash with Homemade bread of the day</p>	<p>Soup Country Vegetable with Homemade bread of the day</p>
<p>Urban Main Choice Texan Beef Chilli con Carne with Salsa (Gf ,DF & HF available)</p>	<p>Urban Main Choice Crosfields Pasta Bar with Toppings - Crispy Bacon or Garlic and Herb Chicken - Roasted Tomatoes - Garlic Mushrooms (Gf ,DF & HF available)</p>	<p>Urban Main Choice Yellow Chicken and Coconut Curry served with Naan Bread (Gf ,DF & HF available)</p>	<p>Urban Main Choice Pork Sloppy Joes (Gf ,DF & HF available)</p>	<p>Urban Main Choice Fish Fillet with a Selection of sauces to choose (Gf ,DF & HF available)</p>
<p>Urban Vegan/Veggie Choice Vegan Mexican Soy and Vegetable Stew with Salsa (GF available)</p>	<p>Urban Vegan/Veggie Choice Crosfields Pasta Bar with toppings - Garlic Mushrooms - Roasted Tomatoes - Glazed Butternut (Vegan, GF and DF available)</p>	<p>Urban Vegan/Veggie Choice Sweet and Sour Paneer served with Naan Bread (GF and DF available)</p>	<p>Urban Vegan/Veggie Choice Vegan Sloppy Joes (GF and DF available)</p>	<p>Urban Vegan/Veggie Choice Ocean Fishless Fingers with a selection of sauces to choose (GF and DF available)</p>
<p>Sides Tex-Mex Rice or Nachos Sour Cream and Jalapenos Coriander and Lime Vegetables</p>	<p>Sides Garlic Bread Lemon and Herb Courgettes</p>	<p>Sides Egg Noodles Or Rice Noodles Carrots with Cumin Seeds</p>	<p>Sides Warm Potato Salad Apple Slaw</p>	<p>Sides French fries Baked Beans Garden peas</p>
<p>Urban Grab and Go Turkey, Brie and Cranberry</p>	<p>Urban Grab and Go Crispy Chicken, Garlic Mayo and Salad Wrap</p>	<p>Urban Grab and Go Cheese and Tomato Toastie</p>	<p>Urban Grab and Go Tuna Melt</p>	<p>Urban Grab and Go Mozzarella, Pesto and Tomato Panini</p>
<p>Dessert of the Day Jelly, Selection of Fruit yoghurts or Whole Fruits (GF and DF available)</p>	<p>Dessert of the Day Chocolate Sponge with Chocolate Sauce, Sliced duo of Melon or a selection of Yoghurt Pots</p>	<p>Dessert of the Day Coconut and Jam Sponge with Custard, Selection of Whole Fruit or Layered Yoghurt Pots</p>	<p>Dessert of the Day Banana Loaf, Greek Yoghurt with Honey or Fruit Salad Pots</p>	<p>Dessert of the Day Jelly, Fruit Yoghurt selection or a choice of Whole Fruit</p>

