CONWAY CENTRE MENU 2023

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 Beans. OR	Sausage, Scrambled Egg, Baked Beans. OR	Bacon, Scrambled Egg, Baked Beans. OR	Sausage, Scrambled Egg, Baked Beans. OR	Bacon, Scrambled Egg, Baked Beans. 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	Pasta Bar
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		Crisps
Pasta carbonara with Garlic bread	Pasta Bolognese served with Garlic	Roast Chicken Fillet and Sage &	Chicken Curry, Naan Bread & Rice	Beef Lasagne served with Garlic
	Bread	Onion Stuffing served with Mash &		Bread,
Pasta Arrabiata (V, VG) with Garlic		Roast Potatoes	Chickpea & Lentil Curry,	
Bread	Margaritta Pizza		Naan Bread & Rice (V, VG)	Vegetarian Meatballs and Pasta in
	Served with Potato Wedges (V)	Cottage Pie		Tomato Sauce
Haddock Goujons and Sauté			Battered/Breaded Fish served with	
Potatoes	Salmon & Sweet Potato Fishcakes	Cheese and Onion Quiche (V)	Chips	Breaded Chicken Burger, Lettuce
	served with Potato Wedges	served with Jacket Potato		Mayo in a bun served with Chips
Seasonal Vegetables /Mixed Side			Seasonal Vegetables / Mixed Side	
Salad	Seasonal Vegetables /Mixed Side	Seasonal Vegetables /Mixed Side	Salad	Seasonal Vegetables /Mixed Side
	Salad	Salad		Salad
A selection of Hot and Cold			A selection of Hot and Cold	
desserts	A selection of Hot and Cold	A selection of Hot and Cold	desserts	A selection of Hot and Cold
	desserts	desserts		desserts

⁽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

CONWAY CENTRE MENU 2023

Saturday	Sunday	
Apple/ Orange Fruit Juice 100ml	Apple/ Orange Fruit Juice 100ml	
Choice of Cereals (Cornflakes, Rice	Choice of Cereals (Cornflakes, Rice	
Krispies, Weetabix, Bran flakes)	Krispies, Weetabix, Bran flakes)	
Sausage, Scrambled Egg, Baked Beans. OR	Bacon, Scrambled Egg, Baked Beans. OR	
Vegetarian/Vegan Breakfast	Vegetarian/Vegan Breakfast	
Veg Sausage (x2), Tomato, Beans,	Veg Sausage (x2), Tomato, Beans,	
Scrambled Egg	Scrambled Egg	
OR	OR	
Croissant (V)	Croissant (V)	
Fresh Fruit	Fresh Fruit	
Toast with Butter & Jam (V)	Toast with Butter & Jam (V)	
Jacket Potato/Deli Bar	Pasta Bar	
Jacket Potato	Daily Packed Lunch Option	
Hot /Cold Baguette	Ham/Turkey/Cheese /Tuna Mayo	
served with a selection of fillings	or Egg Mayonnaise Baguette -	
	Vegan Cheese Available	
Served with Mixed Salad &	Selection of Fruit	
Coleslaw	Biscuit	
	Crisps	
BBQ Chicken(H) Served with	Roast Gammon Lunch served with	
Savoury Rice	all the Trimmings	
Macaroni Cheese served with	Cauliflower and Broccoli Mornay	
Crusty Bread	(V)	
Vegetarian Chilli Fajita	Cheese and Tomato Quiche (V) served with Jacket Potato	
Seasonal Vegetables /Mixed Side	Served With Jucket Foldto	
Salad	Seasonal Vegetables /Mixed Side	
	Salad	
A selection of Hot and Cold	A selection of Hot and Cold	
desserts	desserts	

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