



Charles Haddon Café



www.wellbeingbeingwell.co.uk featured ingredient:

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	Monday	Tuesday	Wednesday	Thursday	Friday
MAIN COURSE £1.50	Roasted chicken with Rogan josh Curry with Braised rice	Diced Beef with red wine and root vegetables and Topped with a pastry crust and Creamed Potatoes with herbs and gravy	Sweet and sour Chicken hong kong style with egg fried rice	BBQ pulled pork Burger with Sliced Tomato and Lettuce topped with slaw in a brioche bun and chips	Roast Chicken leg with spicy rice
Allergen Information Contains:	Mustard	Wheat, celery	Sulphates	Celery, Wheat(Bun), egg, mustard	Fish, wheat , egg
VEGETARIAN DISH £1.50	Welsh Tatties served with Individual salads	Vegetable, & Chick pea curry with rice	Tomato, Basil Penne with a cheese crust and herb bread	Roasted Squash, brie & Rosemary Filo parcel and chips	Curried Parsnip Pie with New potatoes and Nigella Seeds
Allergen Information Contains:	Milk	Celery	eggs, milk (cheese)	Wheat, cheese(milk) egg	wheat, Milk, egg
TODAY'S VEGETABLES £0.50	Green Beans	Green beans and Peas	sauté courgettes and carrots	Mixed salad	Coleslaw and green salad
Allergen Information Contains:					

For More information go to www.wellbeingbeingwell.co.uk or www.chcafe.moonfruit.com

For those with special dietary requirements or allergies, who may wish to know about the food or drink ingredients used, please ask for a manager