



# Charles Haddon Café



www.wellbeingbeingwell.co.uk featured ingredient:

W4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MAIN COURSE</b> <b>£1.50</b>	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	Classic Beef Burger with Sliced Tomato and Lettuce in a brioche bun and chips	Roast Chicken leg with spicy rice
<b>Allergen Information</b> <b>Contains:</b>	<b>mustard</b>	<b>wheat, celery</b>	<b>sulphates</b>	<b>celery, wheat (Bun)</b>	<b>Fish, wheat , egg</b>
<b>VEGETARIAN DISH</b> <b>£1.50</b>	Macaroni Cheese	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
<b>Allergen Information</b> <b>Contains:</b>	<b>wheat, milk</b>	<b>celery</b>	<b>eggs, milk (cheese)</b>	<b>wheat, cheese(milk) egg</b>	<b>wheat, milk, egg</b>
<b>TODAY'S VEGETABLES</b> <b>£0.50</b>	Green Beans	Green beans and Peas	sauté courgettes and carrots	Mixed salad	Coleslaw and green salad
<b>Allergen Information</b> <b>Contains:</b>					

For More information go to [www.wellbeingbeingwell.co.uk](http://www.wellbeingbeingwell.co.uk) or [www.chcafe.moonfruit.com](http://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