

Red Tractor



Taste of Health



Today's Menu

Monday

			Staff	Visitors	
Soup		Soup of the Day French Onion	99 calories	£0.83	£0.83
		Main Course			
Main 1		Chilli con Carne	298 calories	£2.01	£2.13
Main 2		Poached Cod with Cheese Sauce	339 calories	£2.01	£2.13
Main 3		Cheesy Vegetable Hotpot	331 calories	£1.82	£1.97
Pie		Minced Beef & Onion Pie	602 calories	£1.62	£1.72
		Side Orders			
Veg 1		Courgettes au Gratin	270 calories	£0.62	£0.65
Veg 2		Carrots	28 calories	£0.62	£0.65
Rice		Steamed Rice	248 calories	£0.62	£0.65
Chips		Chips	378 calories	£0.62	£0.65
Potato 2		New Potatoes	121 calories	£0.62	£0.65
		Dessert			
Dessert		Pear Crumble	416 calories	£0.70	£0.83
Dessert		(Custard	159 calories)		

Women need around 2,000 and men 2,500 calories a day

Chilli Con Carne