

WEEKLY MENU

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Soup With Fresh Baked Bread	Leek and courgette	Roasted red pepper	Cream of mushroom	Minestrone	Cream of celery
Chef's Dish of the Day	Thai green chicken and vegetable curry	Macaroni cheese with crispy onion topping	Traditional pork sausages with onion gravy	Chicken and vegetable stew with herb dumplings	Breaded fish fillet Tartar sauce and lemons wedges
Vegetarian Dish of the Day	Aubergine and chickpea tikka	Spinach and basil pesto or Tuna and sweetcorn sauce	Cheddar cheese and onion pasties made with wholemeal flour	Roasted vegetables and Chickpea Tagine with couscous	Freshly made spinach falafel burger in a floured bap
Sides	Wholemeal and white rice Cabbage and onion Sweetcorn	Steamed leeks Roasted vegetables baked aubergines	Herb crushed potatoes Sautéed cabbage Steamed carrots	Roasted new potatoes Green beans Swede	Oven baked potato wedges Baked beans Garden peas
Fresh Salad Bar with Proteins, Fresh Fruit & Yoghurt available everyday					
Dessert of the Day	Peach sponge	Pear and apple crumble with custard	Strawberry jelly with fruit	Cherry flapjack	Low sugar beetroot brownie Fruit smoothie

For allergen information please speak to a member of the team.

