

Week 1 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Sausages & Caramelised Onions Served with Creamed Potatoes	Coconut Chicken & Potato Curry Served with Naan Bread	Roast Gammon Served with Roast or New Potatoes & Peach Salsa	Beef Rogan Josh Served with Basmati Rice	Breaded Cod Served with Chips
Vegetarian Option	Vegetable Chow Mein	Curried Vegetable Wrap	Baked Lentil & Cheddar Cheese Loaf with Roast or New Potatoes	Mediterranean Vegetable Tart With a Tomato & Herb Sauce	Vegetable Frittata Served with Chips
Vegetables	Carrots & Peas	Saag Aloo & Cauliflower	Roasted Parsnips & Red Cabbage	Broccoli & Sweetcorn	Peas & Baked Beans
Dessert	Chocolate Marble Cake Served with Chocolate Sauce	Baked Rice Pudding Served with Jam Sauce	Peach Crumble Served with Custard	Fresh Fruit Trifle	Beetroot Brownie Cake
<p>Salad Bar featuring an array of 5 different offerings on a daily basis. Fresh wholegrain bread available daily. Fresh fruit pieces available daily from the fruit platter. Fresh homemade yogurt available daily. Alternative of jacket potato or pasta with selected toppings available daily. Fresh water and low fat milk also available daily.</p>					

FOOD ALLERGIES & INTOLERANCES

IF YOU SUFFER FROM ANY OF THE ABOVE, PLEASE SPEAK TO THE CHEF MANAGER WHO WILL BE PLEASED TO DISCUSS THE CONTENTS OF ANY DISH WITH YOU. MENU SUBJECT TO CHANGE WITHOUT NOTICE DUE TO AVAILABILITY.