

Week 3 Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal Option	Chicken Paella with Garlic Slice, Aioli Sauce	Turkey & Leek Pie Served with Creamed Potatoes	Roast Beef Served with New or Roast Potatoes with Mint	Chicken Jalfrezi Served with Basmati Rice & Naan Bread	Baked Cod Served with Chips
Vegetarian Option	Vegetable Goulash	Gnocchi Neapolitan with Baked Root Vegetables	Courgette, Tomato & Chive Quiche	Red Pepper & Lentil Loaf with Boiled Potatoes	Red Onion & Brie Quiche Served with Chips or Green Side Salad
Vegetables	Sweetcorn, Broccoli & Cauliflower	Carrots & Peas	Mixed Peas, Sweetcorn & Carrots	Green Beans & Savoy Cabbage	Peas & Baked Beans or Green Side Salad
Dessert	Fresh Fruit Salad	Classic Carrot Cake	Cocoa Flavoured Bread & Butter Pudding with Custard	Apple Pie & Ice Cream	Winter Berry Fruit Crumble Served with Custard
<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.