



## Lunch Menu Winter Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Meaty Mains	Beef 'Rendang' Indonesian style beef simmered in coconut milk (H)	Soya and Honey Glazed Chicken (H)	Chilli Con Carne Served with Red Kidney Beans (Mexican Style Beef Mince Cooked with Beans and Tomatoes) (H)	Oven baked Chicken sausages with gravy (H)  Pork Sausages	Battered Fish with Lemon and fresh tartar sauce.
Veggie Mains	Indonesian Curried Vegetables with Edamame beans	Spinach, Beans and vegetable Pie	Vegetable and Beans chilli con Carne	Oven baked vegetarian sausages with gravy	Grilled vegetable and chickpea Stew Served with Garlic Bread
Sides	Herb Rice  Broccoli  Corn	Roast Potatoes  Roast Carrots  Parsnips	Jacket Potatoes/ Thyme Scented Rice Green Beans  Carrots	Mash potatoes  Green cabbage  Country Style Vegetables	Chunky chips  Mushy Peas  Baked beans
One pot	Pasta with Fresh Water Trout and Sweetcorn	BBQ Pork Ribs with BBQ Sauce	Sweet and Sour Vegetable Hakka noodles	Spaghetti with lamb meat balls(H)	Chicken and seared vegetable Jambalaya Rice with Creole spices
Sweets	Honey Yoghurt with Coconut and Peach Granola	Pineapple and Coconut Cake with Mixed fruit Compote	Baked Peach and crumble with custard	Banana cake with Custard	Fresh cut fruits with Ice Cream
<p><b>Choice of filled Baguettes, Salads, Yoghurt, Seasonal fruit Served Daily</b></p> <p>FOR THOSE WITH SPECIAL DIETRY REQUIRMENTS OR ALLERGIES, WHO MAY WISH TO KNOW ABOUT FOOD, DRINKS OR INGREDIENTS USED, PLEASE ASK FOR MEMBER OF KITCHEN STAFF</p>					

