

# **MENU**    **ALLERGY ADVICE - PLEASE ASK if you have any queries**

## **WEEK 1**

### **MONDAY**

#### ***Baked Mushrooms with Herb Ricotta***

Large Mushroom, olive oil, onion, parsley, chives, ricotta

#### ***Gammon Jamaican***

Gammon steak, onions, orange, mustard, mincemeat (suet, sugar etc)

### **TUESDAY**

#### ***Spicy Sweet Potato and Tomato Soup***

Sweet potato, olive oil, cumin, onion, tomatoes, stock, mild curry paste,

#### ***Creole Chicken with Coriander Parsnip Rice***

Chicken, onions, olive oil, celery, pepper, garlic, tomatoes, parsnips, coriander

### **WEDNESDAY**

#### ***Melon Butterflies***

Melon, thin smoked ham, salad and grapes, strawberries

#### ***Pie of the Day***

PLEASE ASK

### **THURSDAY**

#### ***Stuffed Cheesy Eggs***

Hard boiled eggs, cheese, mayonnaise, chives, seasoning

#### ***Pork and Pepper Stew***

Pork fillet, flour, stock, yeast extract, onion, parsnip, leek, peppers, mushroom, celery, herbs,

### **FRIDAY**

#### ***Spinach Frittata***

Egg, milk, spinach, mozzarella, tomato, bacon, herbs

#### ***Fish Dish of the Day***

PLEASE ASK

### **SATURDAY**

#### ***Layered Beetroot, Spinach and Nut Roast Terrine***

Spinach, ricotta, egg, lemon, onion, garlic, nuts, carrot, parsley, breadcrumbs, feta, beetroot

#### ***Baked Chicken with Pears and Hazelnuts***

Chicken, oil, onions, pears, wine, oregano, garlic, stock, hazelnuts, bread, parsley, thyme

**MAIN COURSES** served with a selection of vegetables and a potato dish

**SWEET:** Selection including Fruit Salad or Cheese and Biscuits

**TEA/COFFEE/HOT CHOCOLATE** with mints

PLEASE SPEAK TO US if you do not like our choice of the day....we can come up with an alternative!  
If you would like a VEGETARIAN DISH/SPECIAL DIET DISH, again, PLEASE SPEAK TO US!

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