

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

WEEK 3

MONDAY

Stuffed Pepper

Peppers, mushroom, oil, garlic, lemon juice, red onion, ricotta, sunflower seeds

Gammon Steak with Fresh Pineapple

Gammon steak, Pineapple, Cranberry/red currant Jelly, bay leaves

TUESDAY

Lentil and Chickpea Soup with Homemade Croutons

Rice, cumin, oil, onion, red lentils, stock, tomatoes, chickpeas, spring onions, yogurt

Chicken Breast Stuffed with Cottage Cheese wrapped in skinny ham

Chicken, cottage cheese, skinny ham or bacon, white wine

WEDNESDAY

Melon with Peach Schnapps

Melon marinated in Schnapps

Pie of the Day

PLEASE ASK

THURSDAY

Pea and Kale Frittatas

Peas, kale, eggs, oil, spring onions, milk, feta

Pork Fillet and Apricot Casserole

Pork fillet, flour, oil, onion, mushroom, garlic, tomato puree stock, apricots, mixed herbs

FRIDAY

Leek and Goat's Cheese Tartlets

Leek, puff pastry, herbs, goat cheese, milk

Fish Dish of the Day

PLEASE ASK

SATURDAY

Raw Beetroot and Walnut Salad

Beetroot, radish, spring onions, walnuts/pecans, lettuce, olive oil, vinegar, horseradish sauce

Pesto Chicken Stew with Cheesy Dumplings

Chicken, onion, bacon, celery, leeks, flour, wine, stock, peas, sundried tomatoes, pesto, sunflower seeds.

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!