



# WEEKLY MENU 16/09/2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>LUNCH</b>  <b>Fresh Fruit Served with all Meals</b>	Selection of Cold Meats & Salads  Roast Chicken Pie Roast Chicken GF Cod Fish Goujons Dal Lentil Curry V Jacket Potatoes Creamed Potatoes Baton Carrots Sauté Courgettes   Fruit Crumble Custard Sauce	Selection of Cold Meats & n Salads  Beef Lasagne Bolognese Beef GF Barbecued Pork Ribs GF Cheese Leek Potato Pie V Jacket Potatoes Steamed Rice French Beans Honey Parsnips   Sticky Toffee Pudding	Selection of Cold Meats & Salads  Pan Seared Pork Loin Sage Sauce GF Spaghetti in Tomato herb Sauce V GF Fish Pie Corish Pasties Jacket Potatoes Baby Roast Potatoes Broccoli Spears Sweet Corn   Cherry Pie Custard Sauce	Selection of Cold Meats & Salads  Jacket Potato Day Coronation Chicken Prawn Mayonnaise Chilli Con Carne GF Pork Chipolatas GF Mushroom V Stroganoff Quorn Sausages V Steamed Rice Spaghetti Hoops Roasted Vegetables   Fruit Smoothies	Selection of Cold Meats & Salads  Crispy Battered Haddock Fish Fingers GF Chicken Tex Mex Dips Pesto Gnocchi V French Fries Jacket Potatoes Garden Peas Mushy Peas Baked Beans   Fresh Fruit Salad		
<b>TEA</b>	Iced Lemon Sponge	Cookies	Cornflake Cakes	Doughnut Rings	Fudge Cake		
<b>Supper</b>	<b>Coconut Prawn Curry</b> <b>Cheese Bacon Toasties</b> <b>Steamed Rice</b> <b>Snap Peas</b> <b>Banoffee Pie</b>	Chicken Schnitzel With Tomato Sauce Poached eggs on toast Corn on the Cob Spicy Wedges Chocolate Mousse	Assorted Pizzas Roasted Peppers  Salads  Fruit Salad	Tandoori Chicken Skewers Seabass with Cherry Tomatoes Stir Fry Vegetables Steamed Rice Yoghurts	<b>Boarding House Closed</b>		

**Food allergies & Intolerance** Before you ask for your food please speak to a member of the catering staff if you have any **food Allergens or Intolerances.**