MEAL DEAL









WHATS IN SEASON...

MON

Chicken Arrabiata with Garlic Bread (G)

TUES

Traditional Homemade Cottage Pie with Seasonal Vegetables (CE, MK)

WED

Roast Turkey, Stuffing, Cranberry Sauce & Roast Gravy (CE. G. SO)

THURS

Sausage & Caramelised Onion Plait with Mash (E, G, MK, SU)

FRI

"Catch of the Day" with Chips & **Tartare Sauce** (E, F, G, MU)

Toasted Mexican Ravioli with Tomato Sauce & Jalapenos (G)

Butternut Squash, Chive & Goats Cheese Tart with Kale Pesto (E, G, MK)

Quorn Sausage "Toad in the Hole", Mash & Onion Gravy (E. G. MK, SO)

Spiced Chickpea & Roasted Aubergine Flatbread with Green Herb Salsa 1 (G)

Three Cheese Macaroni (G, MK)

The Chimichurri Beef Burger with Seasoned Wedges (CE, G, MK, SO, SU)

Spanish Chicken Leg with Vegetable Pasta (G)



Tibetan Lenti, Corn & Potato Coconut Curry with Steamed Rice



Key Wat, Slow Cooked **Ethiopian Stewed Beef** with Couscous



Chef's Choice

Pear & Ginger Pie with Custard (E, G, MK)

Chocolate & Berry Sponge Pudding with **Chantilly Cream** (E, G, MK)

Apple & Fruits of the Forest Crumble with **Custard Sauce** (E, G, MK)

Sicilian Lemon Polenta Cake with Honey Greek Yoghurt (E, G)

Sticky Toffee Pudding with Butterscotch Sauce (E, G, MK)

COLD SELECTION: BAGUETTES · SANDWICHES · SALAD BOXES · FRESH FRUIT · YOGURT POTS

ALLERGENS KEY

CE - CELERY

CR - CRUSTACEAN E - EGGS

F - FISH

G - CEREALS CONTAINING GLUTEN

L - LUPIN

MK - MILK

MO - MOLLUSCS **MU - MUSTARD**

N - NUTS

P - PEANUTS

SE - SESAME SEEDS

SO - SOYA

SU - SULPHUR DIOXIDE













