



Week 2 Lunch Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato and basil Homemade bread	Broccoli and spinach Homemade bread	Minestrone Homemade bread	Roasted vegetable Homemade bread	Spicy chicken noodle broth Homemade bread
Main	Howell's pork sausages	Mild beef chilli	Roast west country gammon	Chicken quesadilla	Breaded fish with lemon wedge
Vegetarian	Vegan sausages	Roasted pepper, chickpea and butter bean chilli	Cherry tomato, red onion and spinach tarts	Vegetable fajitas	Chickpea fritters
Jacket potato/ Pasta bar	Pasta with tomato sauce and cheddar cheese	Jacket potato with baked beans and cheddar cheese	Pasta with tomato sauce and cheddar cheese	Jacket potato with baked beans and cheddar cheese	Pasta with tomato sauce and cheddar cheese
Vegetables	Creamy mash Sliced carrots Peas	Steamed rice Nachos Sweetcorn	Roasted potatoes, Honey roasted carrots and parsnips Peas	Herby diced potato Green beans Baby corn	Home cut chips Curry sauce Mushy peas, Peas Tartare sauce
Dessert 1	Apple strudel and cream	Jam sponge and custard	Sticky date pudding with cream	Lemon drizzle	Chocolate chip shortbread and custard
Dessert 2	Selection of fruit yoghurts, Homemade granola Orange slices Fresh fruit salad	Fruit jelly, Orange slices, Fresh fruit salad	Selection of fruit yoghurts, Homemade granola Orange slices Fresh fruit salad	Fruit jelly, Orange slices, Fresh fruit salad	Selection of fruit yoghurts, Homemade granola Orange slices Fresh fruit salad

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Week 2 Lunch Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Leek and potato	Roasted parsnip	Butternut squash and honey	Roasted tomato and pepper	Broccoli
Main 1	Local sausages with caramelized onion	Beef sombrero with nachos	Chicken and mushroom pie	Chicken stroganoff	Breaded fish with lemon wedges
Vegetarian	BBQ Mediterranean vegetables and vegan strips	Satay noodles (no nuts)	Courgette and cherry tomato risotto	Five bean chilli	Vegan fishless fishcakes
Pasta bar	Roasted pepper, tomato and garlic Honey, cumin and fennel bread	Roasted roots- jacket sweet pots, beets Chipotle chicken / Baked beans	Beef ragu Cheese and leek Garlic and basil bread	Spicy tomato Tomato and chilli bread	Mac 'n' cheese Garlic bread
Deli	Beef and horseradish Roasted sweetcorn garlic and spring onion mayo multiseed baguette	BLT ciabatta Quorn club ciabatta	BBQ sausage and cheese panini Chargrilled vegetable and vegan cheese panini	Ham and caramelized onion chutney wraps Hummus and lemon courgette wrap	Chicken, pesto and tomato pretzel roll Mozzarella, pesto and tomato pretzel roll
Vegetables	Mashed potato, Gravy, Sautéed cabbage and peas	Mexican rice, Sweetcorn salsa, Pea mole, sour cream	Sauté potatoes, Vegetable medley, Gravy	Rice, Green beans and red onion	
Dessert 1	Fruit flapjack and custard	Mocha sponge with chocolate topping	Date sponge with sticky toffee sauce	Crumble slice and whipped cream	Bakewell cake (no nuts)
Dessert 2	Yoghurt and toppings	Eton mess	Fresh fruit	Vegan chocolate mousse	Sundaes



MOUNT
KELLY

Week 2 Dinner Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken and chorizo paella	Pork meatballs with tagliatelle	Pulled pork rolls	Mount Kelly pizza night Chef's selection of homemade pizzas	Peri Peri chicken thigh
Vegetarian	Espinacas con garbanzas (Spanish style chickpea and spinach on charred bread)	Pesto tagliatelle	Grilled garlic mushrooms and fried egg on toasted sourdough	Mount Kelly pizza night Chef's selection of homemade pizzas	Lemon and herb Quorn strips
Vegetables	Patatas bravas Garlic and chilli roasted green beans	Garlic bread Steamed new potatoes Broccoli and cauliflower	Crispy potatoes Coriander and red onion slaw	Baked wedges Steamed peas	Vegetable braised rice Corn on the cob
Salad bar	Selection of salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads
Dessert	Cinnamon dough balls	Homemade muffins	Egg custard tart with nutmeg	Artic roll	Double chocolate brownie

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MOUNT
KELLY

Week 2 Dinner Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Vegetable	Leek and potato	Butternut squash and honey	Roasted parsnip	Tomato and basil	European themed menu	Roasted pepper
Main 1	Pizza pockets	Roast pork and caramelised apples	Beef lasagne	Kung po chicken	Beef burgers		Roast turkey and stuffing
Main 2	Teriyaki beef noodles	Sticky lemon and tarragon chicken thighs	Pulled ham hock and poached eggs	Mongolian style beef with spring onions	Hot dogs		
Vegetarian	Roasted squash and sage gnocchi	Sweet potato and bulgar wheat stew	Tomato and aubergine bake	Sweet and Spicy cauliflower and spinach	Vegan hot dog		Vegetable wellington
Vegetables	Potato wedges Corn on cob	Roast potatoes Roasted root vegetables	Herb diced potatoes Broccoli and cauliflower	Fried rice prawn crackers Stir fry vegetables	Crispy onions, mushrooms wedges		Roast potatoes Cauliflower cheese Roasted carrots, parsnip
Dessert	Yoghurt cake	Cinnamon bun swirl	St Clement's tart	Carrot and pumpkin seed cake	Blondie		Fruit crumble and custard

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