



Week 3 Lunch Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Red pepper, sweet potato and smoked paprika Homemade bread	Moroccan chickpea Homemade bread	Tomato and basil Homemade bread	Sweetcorn and chilli Homemade bread	Mushroom Homemade bread
Main	Curry Chef's selection of different curries from around the world	Beef meatballs	Roasted chicken or turkey with sage and onion stuffing	Chicken and ham hock pie	Breaded fish with lemon wedge
Vegetarian	Chef's selection of different curries from around the world	Vegan meatballs	Roasted Quorn fillet	Stuffed potato skins	Cheese and tomato pin wheels
Jacket potato/ Pasta bar	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	Jacket potato with baked beans and cheddar cheese
Vegetables	Steamed rice Naan bread and poppadums Broccoli and carrots	Baby potatoes Spaghetti Garlic bread Broccoli	Roasted potatoes, Honey roasted carrots and parsnips Mashed swede	Creamy mash Savoy cabbage and green beans	Home cut chips Curry sauce Mushy peas, Peas Tartare sauce
Dessert 1	Warm banana bread and custard	Hundreds and thousands sponge	Fruit crumble and custard	Carrot cake with mascarpone icing	Sundaes
Dessert 2	Fruit jelly, Orange slices, Fresh fruit salad	Selection of fruit s, Homemade granola, Orange slices Fresh fruit salad	Fruit jelly, Orange slices, Fresh fruit salad	Selection of fruit s, Homemade granola, Orange slices Fresh fruit salad	Fruit jelly, Orange slices, Fresh fruit salad



Week 3 Lunch Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Celeriac and apple	Lentil and tomato	Pea and tarragon	French onion	Carrot and cumin
Main 1	Chicken fajita with guacamole and sour cream	Beef curry with poppadums, mango chutney and riata	Chicken Kiev	Sweet and sour pork noodles	Battered fish with lemon wedges
Vegetarian	Vegetable tart	Broccoli, ginger and sunflower seed stir fry	Posh beans on toast with a poached egg	Vegetarian mince paella	Vegan hot dog and onions
Pasta bar	Roasted roots- jacket sweet pots, beets Pulled ham hock and mustard Garlic mushroom and spinach	Creamy chicken and sweetcorn Aubergine, mint and roasted tomato spaghetti Cheese and garlic bread	BBQ sausage Three cheese Garlic bread	Chunky tomato and roasted vegetables Garlic and rosemary bread	Mac 'N' Cheese Sundried tomato and basil bread
Deli	Smoked salmon bagel Vegan cream cheese and chive bagel	Ham and cheese baguette Cheese and pickle baguette	Pepperoni, cheese and tomato brioche bun Egg and cress brioche bun	Sweet chilli chicken wraps Brie and cranberry wraps	Coronation chicken baguette Red pepper hummus with vegetarian sausage
Vegetables	Paprika diced potatoes Baby corn and peppers	Rice Cauliflower and green beans	Potato wedges Sugar snap peas and broccoli	Prawn crackers Stir fry vegetables	Chips Peas, mushy peas, Curry sauce
Dessert 1	Banana and caramel pudding	Marmalade sponge	Pear and coconut sponge with custard	Bread and butter pudding with cream	Rice pudding
Dessert 2	Fresh fruit	Trifles	Orange cheesecake pots	and toppings	Sundaes



MOUNT
KELLY

Week 3 Dinner Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef burrito	Gammon ham	Lasagne	Build your own burger	Sweet and sour chicken
Vegetarian	Mexican five bean filled pittas	Stuffed field mushroom	Baked ratatouille gratin	Build your own burger	Vegetable spring roll
Vegetables	Hasselback potato Carrot, chilli, red onion salsa	Fried eggs Crispy diced potatoes Peas	Garlic bread Roast new potatoes Sweetcorn	Oven baked cheesy wedges Baked beans Peas	Egg fried rice Prawn crackers Ginger and garlic fried broccoli
Salad bar	Selection of salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads
Dessert	Homemade muffins	Baked vanilla cheesecake	'Cookie dough' pizza	Milk chocolate torte	Marshmallow rice crispy treats

We are a Coeliac UK accredited venue. If you require a gluten free dish, please speak to a member of staff and we will be more than happy to prepare one for you.



MOUNT
KELLY

Week 3 Dinner Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Tomato	Celeriac and apple	Pea and tarragon	Lentil and tomato	Carrot and cumin	American themed menu	French onion
Main	Pork meatballs in pear sauce	Crispy belly pork and vegetable noodles	Roast ham and fried egg	Pork and peppercorn linguine	Sausage, egg and pickle pie		Roast chicken legs with stuffing
Main 2	Spanish chicken drumstick	Lebanese chicken pitta	Moussaka	Sticky Korean chicken noodles	Chicken parmesan		
Vegetarian	Squash, leek and ginger stew	Roasted pepper and shallot frittata	Vegan shepherd's pie	Spanakopita (spinach and feta filo)	Vegan lasagne		Butternut squash wellington
Vegetables	Crushed new potatoes Cauliflower and green beans	Vegetable rice Roasted vegetables	Chips Peas and sugar snap	New potatoes Baby corn and broccoli	Wedges Sweetcorn and peppers		Roast potatoes mashed swede, broccoli gratin
Dessert	Chocolate lime pots	Passionfruit and mango cake	Tiramisu	Chocolate fudge cake	Peach and vanilla crumble with custard		Fruit strudel with cream

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