

MOUNT
KELLY

Week 1 Lunch Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Leek and potato	Tomato and basil	Mushroom	Roasted Vegetable	Spicy Chicken Noodle Broth
Main	Beef Bolognese with spaghetti	Cornflake chicken	Roast west country beef & Yorkshire pudding	Stir fried pork and broccoli	Breaded fish with lemon wedge
Vegetarian	Potato gnocchi with basil pesto and rocket	Honeyed cornflake Quorn fillet	Vegan loaf	Sweet chilli vegetable stir fry	Macaroni cheese
Pasta/Jacket Potato 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
Sides	Garlic bread, garlic roasted new potatoes, steamed carrots and peas	Sweet barbeque sauce, oven baked wedges, sweetcorn	Roast potatoes, honey glazed carrots, cauliflower cheese	Steamed rice, egg noodle Prawn crackers, wilted savoy and green beans	Home cut chips, curry sauce, mushy peas, peas tartare sauce
Dessert 1	Jam sponge with custard	Chocolate and beetroot sponge with chocolate sauce	Creamy rice pudding with mixed fruit jam	Carrot cake with crème cheese icing	Cinnamon rolls
Dessert 2	Fruit jelly, Orange slices, Fresh fruit salad	Selection of fruit yogurts, Homemade granola Orange slices Fresh fruit salad	Fruit jelly, Orange slices, Fresh fruit salad	Selection of fruit yogurts, Homemade granola Orange slices Fresh fruit salad	Fruit jelly, Orange slices, Fresh fruit salad

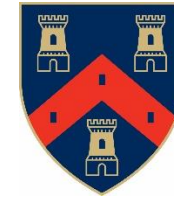
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MOUNT KELLY

Week 1 Lunch Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roasted Vegetable	Spicy Lentil	Tomato & Red Pepper	Parsnip & Apple	Mushroom
Main	Local Butcher's Sausages with Caramelised Onions	Chicken Thigh Saagwala (spinach curry)	Spanish Chicken Breast in a Tomato, Chorizo & White Bean Sauce	Cottage Pie	Crispy Battered Fish or Steamed Hake in Lemon & Dill Butter
Vegan	Quorn & White Bean Casserole	Chana Masala (chickpea curry)	Spanish White Bean Stew	Vegan Mince & Onion Pie	Vegan Battered Sausage
Pasta & Rice Bar	Three Cheese Pasta Garlic Focaccia	Roasted Roots Pesto Bread	Chicken Paella Quorn & Green Bean Paella Smoky Tomato Bread	Creamy Chicken & Mushroom Pasta Slow- Roasted Tomato Pasta Garlic Bread	Macaroni Cheese Rosemary & Olive Bread
Vegetables	Mashed Potato, Carrots & Peas, Onion Gravy	Pilau Rice, Lightly Spiced Mixed Vegetables, Poppadoms, Mango Chutney	Patatas Bravas Sautéed Cabbage, Peppers & Peas	Roasted New Potatoes Carrots, Parsnips & Cabbage	Home-Cut Chips Peas, Mushy Peas, Curry Sauce, Lemon Wedges Tartar Sauce
Deli	Prawn in Marie Rose Sauce Baguette Vegan BLT Baguette	Salami, Sundried Tomato & Mozzarella Panini Mushroom & Cheese Panini	Beef, Pepper & Chipotle Wrap Mixed Bean Wrap	Chicken & Hummus Pitta Hummus Salad Wrap	Roast Turkey & Cranberry Sandwich Brie & Cranberry Sandwich
Dessert 1	Spotted Dick & Custard	Coconut Rice Pudding	Apple & Almond Sponge with Cream	Chocolate Brownie & Chocolate Sauce	Lemon & Coconut Drizzle
Dessert 2	Chocolate Sundae	Lime Jelly	Fresh Fruit Yoghurt & Toppings	Banoffee Pots	Berry Fool

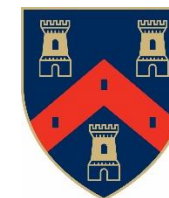


MOUNT
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Week 1 Dinner Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chargrilled chicken pittas	Spicy sausage casserole	Fish finger baps	Chicken and leek lasagne	Homemade donner kebab
Vegetarian	Halloumi and roasted pepper stuffed pitta	Chunky vegetables in tomato sauce	Garlic and spinach mushrooms with fried egg on sourdough toast	Stuffed bell peppers	Chickpea falafel in spiced tomato sauce
Sides	Herby diced potatoes, broccoli	Creamy mash	Crispy potatoes, peas, baked beans	Buttered baby potatoes House salad Garlic bread	Potato wedges, Garlic mayo, kebab salad, pickled red onion
Salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads
Dessert	'Smores	Banoffee pots	Lemon tart	Swiss rolls	Ice cream sundae

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Week 1 Dinner Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Chicken & Sweetcorn	French Onion	Chickpea, Chilli & Lime	Sweet Potato & Coconut	Carrot & Coriander	**American Night**	Parsnip
Main	Sweet Chilli Beef & Green Peppers	Beef Bourguignon	Nacho & Wrap Bar with choice of below:	Chicken Pad Thai	Honey Roasted Ham with Fried Egg or Grilled Pineapple		Roast Beef & Yorkshire Pudding
Main 2	Roast Pork with Ginger and Spring Onions	Coq au Vin	Spicy Minced Beef, Seasoned Chicken or Spiced Quorn	Shrimp Red Curry	Seared Minced Lamb Pattie with Grilled Tomatoes and Mushrooms		Roasted Honey & Mustard Glazed Gammon
Vegan	Sweet & Sour Mixed Vegetables	Stuffed Mushroom with Onion Jam & Brie	Onions, Peppers, Mushrooms or Sweetcorn	Vegan Strip Green Curry	Garlic Mushrooms on Toasted Sourdough		Mushroom & Leek Loaf Vegan Gravy
Vegetables	Vegetable Fried Rice Stir Fried Cabbage & Kale Prawn Crackers	Chateau Potatoes Green Beans, Mange Tout & Sugar Snaps	Paprika Wedges Fried Greens, Refried Beans Soured Cream, Guacamole, Tomato Salsa	Coconut Rice Stir Fried Babycorn, Red Onions & Green Beans Prawn Crackers	Seasoned Sautéed Potatoes Onion Rings, Corn on the Cob, BBQ Beans		Roast Potatoes Roast Carrots & Parsnips, Swede Mash, Cabbage Gravy
Dessert	Mango Panna Cotta & Passionfruit Jelly	Apple Tarte Tatin & Cream	Churros & Chocolate Sauce	Grilled Pineapple in Sticky Lemon Sauce	Steamed Syrup Sponge & Custard		Apple & Pear Crumble & Custard

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