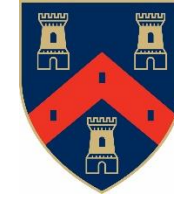


MOUNT
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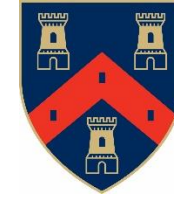
Week 2 Lunch Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Sweetcorn	Broccoli and spinach	Butternut squash and chilli	Roasted vegetable	Chicken Noodle broth
Main	Howell's pork sausages	Beef and onion pie	Roast west country gammon	Chicken quesadilla	Breaded Fish
Vegan	Vegan sausages	Baked vegetable ratatouille	Cherry tomato, red onion and spinach tarts	Vegetable fajitas	Chickpea fritters
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 & Sides	Creamy mash Sliced carrots Peas	Roasted new potatoes Wilted savoy	Roasted potatoes, Honey roasted carrot & parsnip Peas	Herby diced potato Green beans Baby corn	Home cut chips Curry sauce Mushy peas, Peas Tartare sauce
Dessert 1	White chocolate and raspberry sponge	Banana bread and custard	Fruit crumble and custard	Biscoff cheesecake	Lemon drizzle
Dessert 2	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	Selection of fruit yogurts, Homemade granola Orange slices Fresh fruit salad



Week 2 Lunch Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Mediterranean Vegetable	Sweetcorn	Tomato & Bean	Courgette & Lemon	Leek & Potato
Main	Chicken Thigh Pieces in a Pesto & Slow-Roasted Tomato Sauce	Singapore Minced Turkey Chow Mein	Beef Mince & Mixed Peppers Fajita	Lebanese Chicken with Peppers, Onions & Mushrooms on Lebanese Flatbread	Breaded Fish or Steamed Hake in Garlic & Herb Butter
Vegan	Vegan Meatballs in Tomato Sauce	Mushroom and Baby Corn Fried Rice	Vegan Mince Burrito	Quorn Pieces Tagine	Vegan Crispy Fillet
Pasta Bar	Spaghetti Bolognese Mushroom Carbonara Cheesy Garlic Bread	Roasted Roots Rosemary Flatbread	Chorizo & Mushroom Pasta Tex Mex Spicy Cheese Sauce Coriander & Smoked Paprika Bread	Creamy Beef & Cumin Pasta Aubergine & Tomato Pasta Cumin Seed & Garlic Bread	Macaroni Cheese Garlic & Parsley Bread
Vegetables & Sides	Paprika Diced Potatoes Carrots & Green Beans	Cumin & Coriander New Potatoes, Stir-Fried Vegetables, Prawn Crackers	Oven-Baked Seasoned Potato Wedges Baby Corn & Garlic Green Beans	Lemon & Garlic New Potatoes Roasted Aubergine, Peppers & Courgettes	Home-Cut Chips Peas, Mushy Peas, Curry Sauce, Lemon Wedges, Tartar Sauce
Deli Bar	Sliced Beef & Mustard Open Sandwich Cheese & Pickle Baguette	Meatball Sub Falafel Sub	Sweet Chilli Turkey Wrap Coronation Chickpea Wrap	Bacon, Cheddar, Mayo Roll Cheddar, Onion, Mayo Roll	Coronation Chicken Baguette Sliced Egg & Cress Open Sandwich
Dessert 1	Banana Loaf & Toffee Custard	Pineapple Upside-down Sponge & Custard	Chocolate & Beetroot Sponge & Chocolate Sauce	Raspberry Blondie & White Chocolate Sauce	Spiced Orange Cake & Vanilla Custard
Dessert 2	Mixed Berry Sundae	Strawberry Jelly	Lemon Cheesecake	Raspberry & White Chocolate Mousse	Eton Mess

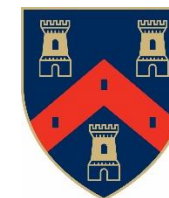


MOUNT KELLY

Week 2 Dinner Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Salmon and broccoli pasta bake	Roasted chicken thighs	Pork meatballs	Mount Kelly pizza night Chef's selection of homemade pizzas	Loaded nachos
Vegan	Butternut squash, spinach and feta cheese couscous	Roasted Red pepper, and Quorn	Vegetarian lasagne	Mount Kelly pizza night Chef's selection of homemade pizzas	Loaded nachos
Vegetables & Sides	Herby diced potato Green beans	Egg fried rice Corn on the cob	Crispy potatoes Spaghetti Broccoli	Baked wedges Steamed peas	Rice Guacamole sweetcorn
Salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads
Dessert	Pavlova with mixed berry compote and whipped cream	Homemade muffins	Cookies	Artic roll	Chantilly eclairs

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.



Week 2 Dinner Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Leek & Potato	Corn Chowder	Hot & Sour	Broccoli	Red Pepper & Courgette	Chef's Choice	Parsnip
Main	Lancashire Hotpot	Crispy Chicken Burger with Cajun Mayo	Noodle Bar: Choice of	Minced Beef & Onion Pie	Chicken, Pesto, Mozzarella & Tomato Panini		Roast Turkey & Stuffing
Main 2	Grilled Chicken Breast with Creamy Mushroom Sauce	New York Style Hot Dog with Crispy Onions	Sweet & Sour, Hoisin, or Curry Sauce Chicken, Pork, Prawns, Vegan Strips,	Creamy Chicken & Mushroom Pie	BBQ Pulled Ham & Raw Slaw Bap		Roast Pork & Stuffing
Vegan	Red Lentil Hotpot	Vegan Chilli Dog with Sweetcorn Relish	Onions, Peppers, Mushrooms or Sweetcorn	Homity Pie	Falafel Burger with Spicy Tomato Sauce		Vegetable Wellington Vegan Gravy
Vegetables	Sliced Garlic Potatoes Kale & Peas	Home-Cut Chips Sweet Chilli Corn and Peppers	Lemon Fried Rice Stir Fried Greens Prawn Crackers	Mashed Potato Carrots & Peas Gravy	Seasoned Diced Potatoes Corn on the Cob, Beans		Roast Potatoes Roast Carrots & Parsnips, Mashed Swede, Cabbage, Gravy
Dessert	Fruitcake & Custard	Hot Apple Pie & Cream	Pineapple Fritters in Syrup	Lemon Posset	Chocolate Sponge & Chocolate Sauce		Apple & Cinnamon Crumble & Custard

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