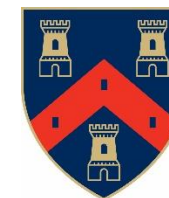


MOUNT KELLY

Week 3 Lunch Menu: Prep

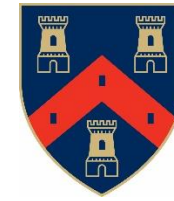
	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Red pepper, sweet potato	Curried parsnip	Tomato and basil	Roasted Vegetable	Celeriac and apple
Main	Chef's selection of different curries from around the world	Beef meatballs	Roasted chicken or turkey with sage and onion stuffing	Beef lasagne	Breaded fish with lemon wedge
Vegetarian	Chef's selection of different curries from around the world	Vegan "meatballs"	Roasted Quorn fillet	Stuffed field mushroom	Chip shop style battered vegetarian sausage
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	Steamed rice Naan bread and poppadum Broccoli and carrots	Baby potatoes, Spaghetti Garlic bread, green beans	Roasted potatoes, Honey roasted carrot & parsnip, mashed Swede	Roasted new potatoes Savoy cabbage	Home cut chips Curry sauce Mushy peas, peas Tartare sauce
Dessert 1	Apricot sponge	Hundreds and thousands sponge	Sticky date pudding with toffee sauce	Shortbread with custard	Apple pie with double cream
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

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 3 Lunch Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roast Vegetable & Tomato	Creamy Butternut	French Onion	Roasted Red Pepper & Tomato	Mushroom
Main	Spicy Chorizo Sausages with Roasted Onions & Red Peppers	Tex Mex Chicken Breast with Tomato Sauce	Chicken & Leek Pie	Beef Kofta with Charred Peppers, Onions, Mushrooms & Corn	Crispy Battered Fish or Steamed Hake in Lime & Herb Butter
Vegan	Vegan Falafel in Spicy Tomato Sauce	Fully-Loaded Vegan Nachos	Vegan Mince & Vegetable Stew	Marinated Vegetable Kebab in Pitta	Vegan Fillets
Pasta & Rice Bar	Pasta Carbonara Tomato & Mushroom Pasta Garlic Bread	Chunky Beef Chilli & Rice Spicy Quorn in Tomato Sauce & Rice Chilli Bread	Roasted Roots Garlic Focaccia	Spicy Chicken & Tomato Couscous Aubergine, Peppers & Mushroom Couscous Olive Bread	Macaroni Cheese Garlic Bread
Vegetables	Roasted New Potatoes Sautéed Kale, Spinach & Cabbage	Black Pepper Oven Wedges, Stir-Fried Vegetables, Soured Cream, Guacamole	Mashed Potato Sweetcorn, Green Beans & Peas, Chicken Gravy	Chilli & Garlic Diced Potatoes Mixed Vegetables	Home-Cut Chips Peas, Mushy Peas, Curry Sauce, Lemon Wedges, Tartar Sauce
Deli	Caesar Chicken Baguette Barbecue Chickpea Baguette	Chicken in Chipotle Mayonnaise Wrap Vegan Strip, Tomato and Pepper Wrap	Tuna Melt Quorn & Cheese Melt	Sausage & Pickle Bap Vegan Sausage & Pickle Bap	Bacon, Avocado & Tomato Open Sandwich Avocado, Tomato & Chilli Open Sandwich
Dessert 1	Sticky Toffee Pudding & Cream	Chocolate Orange Sponge & Chocolate Sauce	Shortbread & Custard	Chocolate Fudge Cake & Chocolate Sauce	Toffee Apple Flapjack & Custard
Dessert 2	Yoghurt Pots	Lemon Tart	Raspberry Mousse	Black Forest Pots	Orange Jelly

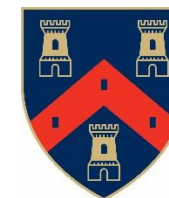


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Week 3 Dinner Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pepperoni pinwheels	Sweet and sour chicken	Homemade pork and pickle sausage rolls	Chicken katsu	Build your own burger
Vegetarian	Pesto tagliatelle	Sweet chili Quorn strips	Cheese and onion slice	Red onion, carrot and pak choi stir fry	Build your own burger
Sides	Diced potato sweetcorn	Braised rice Stir fried vegetables	Crispy potato Baked beans	Egg fried rice Prawn crackers Broccoli	Oven baked cheesy wedges Corn on the cob
Salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads
Dessert	Strawberry cheesecake	Baked egg custard tart	Cinnamon dough balls	Chocolate fudge cake	Ice cream

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MOUNT KELLY

Week 3 Dinner Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Pea & Mint	Tomato & Pesto	Minestrone	Root Vegetable & Lentil	Butternut & Chilli	**Asian Night**	Parsnip
Main	Chicken Thigh Stew	Roast Pork & Apple Sauce Bap	Pasta Bar: Choice of	Toad in the Hole	Cheese Burger with Cheese, Gherkins, Onions & Tomato		Lemon & Thyme Chicken Leg & Stuffing
Main 2	Sausage & Bean Cassoulet	Turkey Schitzel with Tomato Sauce	Tomato or Cheese Sauce; Chicken, Beef, Quorn, Chorizo	Steak & Mushroom Pie	Crispy Chicken Bites in a Smokey BBQ Sauce		Maple Glazed Roast Gammon
Vegan	Vegan Mince and Onion Stew	Quinoa & Beetroot Burger with Tomato Relish	Bacon, Onions, Peppers, Mushrooms or Sweetcorn	Vegan Cottage Pie	Grilled Quorn Fillet Burger		Vegan Toad in the Hole Vegan Gravy
Vegetables	Spring Onion Champ Roast Carrots & Sautéed Cabbage	Home-Cut Chips Raw Slaw, Garlic Peas & Green Beans	Italian Roasted Potatoes Green Beans, Sugar Snaps & Mange Tout	Mashed Potato Carrots & Peas Gravy	Cumin & Coriander Diced Potatoes Corn on the Cob, BBQ Beans		Roast Potatoes Roast Carrots & Parsnips, Broccoli Mornay, Cabbage Gravy
Dessert	Roly Poly with Custard	Banana & Chocolate Sundae	Tiramisu	Jam Tart & Custard	Strawberry Trifle		Apple & Rhubarb Crumble & Custard

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