



MOUNT KELLY

Week 1 Lunch Menu: Prep

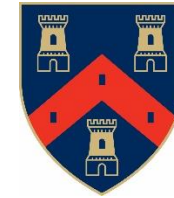
	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Parsnip and Honey	Minestrone	Broccoli and Spinach	Roasted Vegetable	Tomato
Main	Mild beef chilli	Chargrilled chicken	Roast west country beef & Yorkshire pudding	Garlic and parsley chicken kiev	Breaded fish with lemon wedge
Vegetarian	Butterbean, squash and spinach stew	Spanish omelette	Tomato, basil and parmesan gnocchi	Crispy Quorn strips in garlic and parsley butter	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	Steamed rice Nachos Sweetcorn	Croutons Parmesan shavings New potatoes	Roast potatoes, honey glazed carrots, cauliflower cheese	Roast baby potato Steamed peas and carrots	Home cut chips, curry sauce, mushy peas, peas tartare sauce
Dessert 1	Steamed syrup sponge	Iced lemon drizzle	Fruit crumble and custard	Apple pie and cream	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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Week 1 Lunch Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roasted Vegetable	Spicy Lentil	Leek & Potato	Broccoli	Mushroom
Main	Local Butcher's Sausages with Caramelised Onions	Chicken Tikka Masala	Chicken Paella	Beef Moussaka	Crispy Battered Fish Steamed Hake in Lemon & Dill Butter
Vegan	Vegan Sausage Stew	Mushroom & Courgette Curry	Spanish Vegetable Stew	Roasted Tomato Risotto	Vegan Battered Sausage
Pasta Bar	Three Cheese Pasta Tomato Pasta Garlic Focaccia	Sausage & Tomato Pasta Creamy Spinach & Mushroom Spaghetti Sundried Tomato Bread	Warm Salad Bar: Beef, Chorizo, Chickpea, Sundried Tomato Salad Spicy Roasted Mixed Beans New Potatoes, Spinach, Lemon Salad Roasted Roots, Fresh Bread	Creamy Chicken & Mushroom Pasta Tomato & Olive Pasta Garlic Bread	Macaroni Cheese Rosemary & Olive Bread
Vegetables & Sides	Mashed Potato Carrots & Peas Onion Gravy	Steamed Rice Lightly Spiced Mixed Vegetables Poppadoms, Mango Chutney	Coriander & Pepper Diced Potatoes Sautéed Kale, 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	Steamed Fruitcake & Custard	Coconut Rice Pudding	Apricot & 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

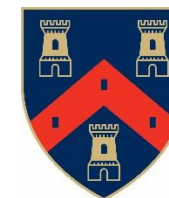


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Week 1 Dinner Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Chicken and chive risotto	Gammon ham and fried egg	Salmon, broccoli pasta bake	Beef enchiladas	Fake away night Each week a different style home cooked take away
Vegetarian	Red pepper, feta and spinach couscous	Fried mushrooms on sourdough toast with fried egg	Basil pesto tanglitellie	Toasted courgette and bell pepper wraps	Fake away night
Sides	Herby diced potato Broccoli	Fries Peas	Crispy potatoes Garlic bread Green beans	Diced herby potato Red onion and baby corn	
Salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads
Dessert	Banoffee sponge	Homemade cookies	Toffee sundae	Lemon meringue pie	Brownies and ice cream

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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	**Mexican Night**	Parsnip
Main	Crispy Panko Chicken with Katsu Sauce	Chicken Chasseur	Nacho & Wrap Bar: Choice of	Beef Massaman	Southern Fried Chicken Burger		Roast Beef & Yorkshire Pudding
Main 2	Sweet Chilli Mackerel	Pork in a Creamy Dijon Sauce	Spicy Minced Beef, Seasoned Chicken or Spiced Quorn	Thai Green Chicken Curry	Lamb Kofta on Pitta with Tzatziki		Roasted Honey & Mustard Glazed Gammon
Vegan	Mixed Vegetable Tempura	Stuffed Field Mushroom with Onion Jam & Brie	Onions, Peppers, Mushrooms or Sweetcorn	Vegan Strip Red Curry	Southern Fried Vegan Fillet Burger		Mushroom & Leek Loaf Vegan Gravy
Vegetables	Vegetable Fried Rice Stir Fried Cabbage & Spring Greens 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 Baby Corn, 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	Chocolate Torte	Orange Drizzle Cake	Thai Mango Sticky Rice Pots	Bakewell Tart		Apple & Rhubarb Crumble & Custard

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