

MOUNT
KELLY

Week 3 Lunch Menu: Prep

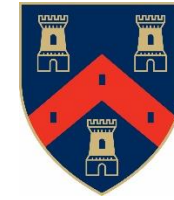
	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Lentil and squash	Sweetcorn	Tomato and basil	Roasted Vegetable	Chicken noodle
Main	Chef's selection of different curries from around the world	Beef lasagne	Roasted chicken or turkey with sage and onion stuffing	Beef and onion pie	Breaded fish with lemon wedge
Vegetarian	Chef's selection of different curries from around the world	Baked ratatouille	Roasted Quorn fillet	Stuffed bell pepper	Red pepper and spinach pesto pasta
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 Green beans	Baby potatoes, Spaghetti Garlic bread, Broccoli and peas	Roasted potatoes, Honey roasted carrot & parsnip, mashed swede	Creamy mash Savoy cabbage	Home cut chips Curry sauce Mushy peas, peas Tartare sauce
Dessert 1	Cherry and coconut sponge	Carrot cake with crème cheese frosting	Rhubarb and apple cake	Chocolate and beetroot sponge with chocolate sauce	Strawberry cheesecake
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 3 Lunch Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Roast Vegetable & Tomato	Creamy Leek	French Onion	Roasted Red Pepper & Tomato	Mushroom
Main	Spicy Chorizo Sausages with Roasted Onions & Red Peppers	Chicken Nachos	Ham Hock, Leek & Tarragon Pie	Spicy Beef Mince, Charred Pepper Sauce on Flatbread	Crispy Battered Fish Steamed Hake in Lime & Herb Butter
Vegan	Vegan Falafel in Spicy Tomato Sauce	Vegan Strip Enchilada	Vegan Mince & Vegetable Stew	Marinated Vegetable Kebab in Pitta	Vegan Fillets
Pasta & Rice Bar	Tarragon Chicken Pasta Herby Tomato Pasta Garlic Bread	Minced Beef Pasta Bake Creamy Quorn Pasta Chilli Bread	Warm Salad Bar: Chicken Caesar Sweet Chilli Vegan Strips Sundried Tomato Orzo Roasted Roots, Fresh Bread	Spicy Chicken & Tomato Tagliatelle Aubergine, Peppers & Mushroom Tagliatelle Olive Bread	Macaroni Cheese Garlic Bread
Vegetables	Roasted New Potatoes Roasted Cauliflower & Peas	Black Pepper Oven Wedges Stir-Fried Vegetables, Soured Cream, Guacamole	Crushed New Potatoes with Spring Onions Sweetcorn, Green Beans & Peas	Chilli & Garlic Diced Potatoes Mixed Vegetables	Home-Cut Chips Peas, Mushy Peas, Curry Sauce, Lemon Wedges, Tartar Sauce
Deli	Chicken & Lemon Mayo Baguette Cheddar, Celery & Spring Onion Baguette	Chicken in Chipotle Mayonnaise Wrap Vegan Strip, Tomato and Pepper Wrap	Tuna & Cucumber Sandwich Egg & Cress Sandwich	Sausage & Pickle Bap Vegan Sausage & Pickle Bap	Bacon, Avocado & Tomato Open Sandwich Avocado, Tomato & Lime Open Sandwich
Dessert 1	Sticky Citrus Sponge & Cream	Chocolate Orange Sponge & Chocolate Sauce	Shortbread & Custard	Chocolate Fudge Cake & Chocolate Sauce	Apple Flapjack & Custard
Dessert 2	Yoghurt Pots	Lemon Tart	Raspberry Mousse	Black Forest Pots	Orange Jelly

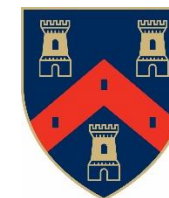


MOUNT
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Week 3 Dinner Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Pepperoni pinwheels	Sausage rolls	Sticky pork and spring onion bao buns	Build your own burger	Chicken katsu
Vegetarian	Tomato and basil tartlets	Cheese and onion slice	Spring rolls with chilli dip	Build your own burger	Vegan katsu
Sides	Diced potatoes Peas	Cheesy wedges Beans	Egg fried rice Prawn crackers Baby corn	Crispy potatoes Beans	Braised rice Corn on the cob
Salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads
Dessert	'Smores cookies	Pancakes, popcorn and caramel sauce	Black forest pots	Bakewell	Eclaires

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Week 3 Dinner Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Pea & Mint	Tomato & Pesto	Minestrone	Vegetable & Lentil	Sweet Potato & Chilli	**Asian Night**	Parsnip
Main	Chicken, Sausage & White Bean Cassoulet	Pulled Pork in Barbecue Sauce Bap	Pasta Bar: Choice of	Shawarma Chicken & Grilled Vegetables	Classic Burger with Cheese, Gherkins, Onions & Tomato		Lemon & Thyme Chicken Leg & Herb Stuffing
Main 2	Lamb Navarin	Turkey Schnitzel with Tomato Sauce	Tomato or Cheese Sauce Chicken, Beef, Quorn, Chorizo	Barbecue Beef Strips & Seared Vegetables	Crispy Chicken Bites in a Smokey BBQ Sauce		Maple Glazed Roast Gammon
Vegan	Vegan Cassoulet	Pulled Jackfruit in Barbecue Sauce	Bacon, Onions, Peppers, Mushrooms or Sweetcorn	Crispy Chickpeas with Spinach & Peppers	Grilled Quorn Fillet Burger		Vegan Meatloaf 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	Roasted Fennel Seed New Potatoes Peas, Peppers & Broccoli	Cumin & Coriander Diced Potatoes Corn on the Cob, BBQ Beans		Roast Potatoes Roast Carrots & Parsnips, Broccoli Mornay, Cabbage Gravy
Dessert	Banana & Chocolate Sundae	Summer Fruit Roulade	Tiramisu	Pavlova	Strawberry Trifle		Rhubarb Crumble & Custard

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