

MOUNT
KELLY

Week 1 Lunch Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato and red lentil	Carrot and coriander	Broccoli	Vegetable	Tomato
Main	Bolognaise	Hunters chicken	Roast west country beef and Yorkshire pudding	Garlic and parsley chicken kiev	Breaded fish with lemon wedge
Vegetarian	Tomato and gnocchi bake	Hunters quorn fillet	Vegetable Wellington	Sweetcorn & courgette fritters	Macaroni cheese
	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	Spaghetti Broccoli	New potatoes Sweetcorn,peas Bbq sauce	Roast potatoes, Honey glazed carrots and parsnips Cauliflower cheese	Roast baby potatoes Cabbage	Home cut chips Mushy peas Peas Tartare sauce
Dessert 1	Marble sponge and custard	Iced lemon drizzle cake	Fruit crumble and custard	Apple pie and cream	Cinnamon rolls
Dessert 2	Jelly Orange slices	Mousse Fresh fruit salad	Jelly, Melon & pineapple	Sundaes Fresh fruit salad	Fruit jelly Orange slices

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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	Toad in the Hole	Pupils' Request: Chicken Tikka Masala	Bacon Chop and Cheese Sauce	Cottage Pie	Crispy Battered Fish / Steamed Hake in Lemon & Dill Butter
Vegan	Vegan Sausages, Roasted Onions & Gravy	Lentil & Squash Curry	Red Onion & Chickpea Parcels	Vegan Mince & Onion Pie (pastry topped)	Pea Fritter
Pasta Bar	Beef Bolognese Three Cheese Pasta Garlic Focaccia	Roasted Roots / Jacket Potatoes Ratatouille, with Bacon, Sausage or Mushrooms with Pasta Pesto Bread	Smoky Beef & Tomato Pasta Cheesy Leek Pasta Bake Paprika Tomato Bread	Creamy Pork & Mushroom Pasta Slow- Roasted Tomato Pasta Garlic Bread	Macaroni Cheese Rosemary & Olive Bread
Vegetables & Sides	Mashed Potato Carrots & Peas Onion Gravy	Pilau Rice Lightly Spiced Mixed Vegetables Poppadoms Mango Chutney	Diced Potatoes Sautéed Cabbage & Peas	Roasted New Potatoes Carrots, Parsnips & Cabbage	Home-Cut Chips Peas, Mushy Peas, Curry Sauce, Lemon Wedges Tartare Sauce
Deli Bar	Tuna & Sweetcorn Baguette Vegan BLT Baguette	Salami, Sundried Tomato & Mozzarella Panini Garlic Mushroom Panini	Beef, Pepper & Chipotle Wrap Hummus Salad Wrap	Chicken & Hummus Pitta Mixed Bean Pitta	Roast Turkey & Cranberry Sandwich Brie & Cranberry Sandwich
Pudding	Spotted Dick & Custard	Bakewell Tart	Apricot & Almond Sponge with Cream	Chocolate Brownie & Chocolate Sauce	Lemon & Coconut Drizzle
Chilled Dessert	Chocolate Sundae	Lime Jelly	Fresh Fruit Yoghurt & Toppings	Potted Cheesecake	Berry Fool

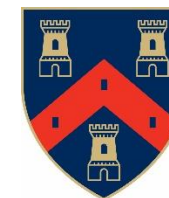


MOUNT
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Week 1 Dinner Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Crispy chicken wraps	Gammon ham and fried egg	Fish pie	Nachos	Sticky BBQ chicken bites
Vegetarian	Tomato and halloumi slice	Vegetarian sausages	Sundried tomato pesto tagliatelle	Refried mixed beans nachos	Quorn sticky BBQ bites
Vegetables	Herby diced potatoes Sweetcorn	Fries Peas	Crispy potatoes Green beans and peppers	Smoked paprika and oregano oven wedges Red onion and baby corn	Cubed potatoes Corn on the cob
Salad bar	Selection of salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads
Dessert	Sticky ginger sponge	Bakewell tart	Chocolate swiss roll	Iced cupcakes	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	Chef's Choice	Parsnip
Main	Beef & Vegetable Chow Mein	Pupils' Request: Cajun Chicken Thighs	Beef Stroganoff	Pupils' Request: Chicken Fajita	Honey Roasted Ham with Fried Egg or Grilled Pineapple		Roast Beef & Yorkshire Pudding
Main 2	Creamy Chicken & Mushroom Spaghetti	Sausage & Bacon Tomato Pasta	Pepperoni & Cheese Tagliatelle	Red Pepper Pesto Pasta	Chilli Beef Pasta Bake		Roasted Honey & Mustard Glazed Gammon
Vegan	Mushroom & Vegetable Chow Mein	Cajun Quorn & Chunky Vegetables	Mushroom Stroganoff	Mixed Bean & Vegan Strip Fajita	Garlic Mushrooms on Toasted Sourdough		Mushroom & Leek Loaf Vegan Gravy
Vegetables & Sides	Seasoned Soft Noodles Stir Fried Cabbage & Kale Prawn Crackers	Baked Blackened New Potatoes Broccoli Green Beans	Rice Peas Roasted herby Carrots	Paprika Wedges Fried Greens, Refried Beans Soured Cream, Guacamole, Tomato Salsa	Seasoned Sautéed Potatoes Onion Rings, Corn on the Cob, BBQ Beans		Roast Potatoes Roast Carrots & Parsnips, Swede Mash, Cabbage Gravy
Dessert	Swiss roll	Apple & Cinnamon Sponge	Pineapple Upside-Down Cake	Doughnuts	Carrot & Sultana Cake		Apple & Pear Crumble & Custard

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