



### Week 3 Lunch Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Leek and potato	Tomato and pepper	Pea and mint	Roasted vegetable	Mushroom
<b>Main</b>	Chicken korma	Beef and onion pie	Roasted chicken herb and garlic or plain with sage and onion stuffing	Cottage pie	Breaded fish with lemon wedge
<b>Vegetarian</b>	Chickpea and lentil curry	Veggie pie	Roasted Quorn herb and garlic fillet	Veggie cottage pie	Red pepper, red onion, cherry tomato and basil pesto pasta
<b>Jacket potato/ Pasta bar</b>	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
<b>Vegetables &amp; Sides</b>	Poppadoms Rice Green beans	Creamy mash Peas Broccoli	Roasted potatoes, Caramelised roasted carrot & parsnip Mashed swede	Herb diced potatoes Savoy cabbage	Home cut chips Mushy peas, Peas Tartare sauce
<b>Dessert 1</b>	Sticky date sponge with toffee sauce	Carrot cake with honey frosting	Steamed syrup sponge with custard	Chocolate and banana sponge with chocolate sauce	Fruit crumble slice
<b>Dessert 2</b>	Fruit jelly, Orange slices	Mousse Fresh fruit salad	Sundaes Orange slices	Jelly Fresh fruit salad	Trifle Pineapple & Kiwi

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### Week 3 Lunch Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Roast Vegetable & Tomato	Creamy Butternut	French Onion	Roasted Red Pepper & Tomato	Mushroom
<b>Main</b>	Spicy Chorizo Sausages with Roasted Onions & Red Peppers	Steak & Vegetable Pie	Chicken Korma	Marinated Beef & Vegetable Kebab on Sourdough Flatbread	Battered Sausage Steamed Hake in Lime & Herb Butter
<b>Vegan</b>	Falafel in Spicy Tomato Sauce	Mushroom & Vegetable Pie	Chickpea & Mixed Vegetable Korma	Marinated Vegetable Kebab in Pitta	Vegan Battered Sausage
<b>Pasta bar</b>	Spaghetti Carbonara Tomato & Mushroom Pasta Garlic Bread	Roasted Roots and Jacket Potatoes Tomato & Bacon Pasta Garlic Focaccia	Minced Beef Ragu Pasta Spicy Quorn in Tomato Sauce Pasta Chilli Bread	Spicy Chicken & Tomato Tagliatelle Aubergine, Peppers & Mushroom Tagliatelle Olive Bread	Mac 'n' Cheese Garlic Bread
<b>Vegetables &amp; Sides</b>	Roasted New Potatoes Sautéed Kale & Cabbage	Crushed New Potatoes Sweetcorn, Green Beans & Peas	Pilau Rice Tarka Daal, Spiced roasted carrots & Green Beans	Paprika & Cumin Couscous Mixed Vegetables	Home-Cut Chips Peas, Mushy Peas, Curry Sauce, Lemon Wedges, Tartar Sauce
<b>Deli Bar</b>	Chicken Caesar Baguette Mature Cheddar & Pickle Bap	Chicken in Chipotle Mayonnaise Wrap Black Bean, Tomato and Pepper Wrap	Tuna & sweetcorn Cheese & Onion	Sausage & Pickle Bap Barbecue Chickpea Baguette	Bacon, Avocado & Tomato Open Sandwich Avocado, Tomato & Chilli Open Sandwich
<b>Pudding</b>	Warm Date Pudding with Sticky Toffee Sauce & Cream	Carrot Cake with Cream Cheese Frosting	Shortbread & Custard	Chocolate Fudge Cake & Chocolate Sauce	Toffee Apple Flapjack & Custard
<b>Chilled Dessert</b>	Yoghurt Pots	Lime jelly	Raspberry Mousse	Black Forest Pots	Orange Jelly



MOUNT  
KELLY

### Week 3 Dinner Menu: Prep

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Main</b>	Beef burgers	Sausage Plait	Sticky pork and spring onion bao buns	Chilli beef strips	Chicken or turkey schnitzel
<b>Vegetarian</b>	Veggie burgers	Cheese and onion Plait	Spring rolls with chilli dip	Quorn strips with tomato and chilli flake sauce	Vegetable schnitzel
<b>Vegetables &amp; Sides</b>	Fries Sliced onions Sliced cheese Bacon bits	Cheesy wedges Beans	Egg fried rice Prawn crackers Stir fry vegetables	Rice Nachos [cheesy] Homemade peamolé Soured cream Sweetcorn	Smoked paprika oven roasted wedges Roasted vegetables
<b>Salad bar</b>	Selection of salads	Selection of salads	Selection of salads	Selection of salads	Selection of salads
<b>Dessert</b>	Smores biscuits	White chocolate and fruit sponge	Lemon meringue pie	Cookies	Honeycomb and chocolate cupcakes

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MOUNT  
KELLY

### Week 3 Dinner Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Soup</b>	Leek & Potato	Tomato & Pesto	Butternut & Chilli		Root Vegetable & Lentil	Chef's Choice	Parsnip
<b>Main</b>	Pork Saltimbocca	Pupil Request: Hunters Chicken	Pupil Request: Beef and Lentil Chilli Nachos, Guacamole & Sour Cream	Theme Night!	Creamy Pork Goulash		Lemon & Thyme Chicken Leg & Stuffing
<b>Main 2</b>	Tomato & Chicken Spaghetti	Sweet Chilli Sausage Pasta	Spaghetti Carbonara		Chicken & Pesto Pasta		Maple Glazed Roast Gammon
<b>Vegan</b>	Butternut, Feta, Chickpea Parcel	Spicy Bean Burger with Tomato Relish	Five Bean Nachos		Chickpea and Root Vegetable Goulash		Vegan Casserole Vegan Gravy
<b>Vegetables &amp; Sides</b>	Sliced Garlic Potatoes Roast Carrots & Sautéed Cabbage	Cumin & Coriander Diced Potatoes Garlic Peas & Green Beans	Spicy Vegetable Rice Sweetcorn		Mashed Potato Carrots & Peas		Roast Potatoes Roast Carrots & Parsnips, Broccoli Mornay, Cabbage Gravy
<b>Dessert</b>	Banana & Chocolate Sundae	Coconut Sponge & Custard	Strawberry Trifle		Mixed Berry Pavlova		Apple & Rhubarb Crumble & Custard

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