

# Dinner Menu C



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Soup</b>	French onion <b>C</b>	Vegetable broth <b>C</b>	Theme night	Parsnip & apple <b>D C</b>	Sweet potato <b>C</b>	Creamy tomato <b>T</b> <b>D C</b>	Chef's choice
<b>Main course</b>	Chicken Noodles <b>G</b> <b>E S CH</b> Prawn noodles <b>G</b> <b>F E S</b>	Salmon Provençal <b>F</b>	Theme night	Chicken shish kebab with pita bread <b>G</b> <b>CH</b>	Mince beef & potato pie <b>G C</b>	Pulled pork burger <b>G D</b>	Assorted paninis <b>G</b> <b>DT</b>
<b>Vegetarian option</b>	Vegetable noodles <b>S</b>	Sweet potato rosti with feta & red pepper <b>D</b>	Theme night	Vegetable kebab <b>CH</b>	Quorn & vegetable pie <b>G</b>	Vegetable burger	
<b>Vegetables &amp; potatoes</b>	Prawn crackers <b>G</b> <b>CR</b> Vegetable spring rolls <b>G</b>	Rice Green beans	Theme night	Tabbouleh couscous <b>G C</b> Assorted salads	Champ mash Broccoli & cauliflower	Sweet potato fries Corn on the cob	Herby potatoes Assorted salads
<b>Pasta/noodle option</b>		Mushroom, garlic & rocket <b>G</b>	Theme night	Creamy herb sauce <b>G D</b>	Chilli garlic & parmesan <b>G D</b>	Mushroom, garlic & herb	Seasame, chicken, spinach & mushroom noodles <b>G</b>
<b>Jacket potato</b>	Assorted fillings						
<b>Dessert</b>	Smoothies <b>D</b>	Fruit flapjack <b>D G</b>	Theme night	Smoothies <b>D</b>	Fruit flapjack <b>D G</b>	Fruit salad	Choc ices <b>D S</b>
<b>Extras</b>	A selection of cold meats and salads are available from the salad bar. Assorted cut & whole fresh fruit & homemade yoghurts – assorted flavours.						
<b>G</b> = Gluten, <b>D</b> = Dairy, <b>E</b> = Egg, <b>CH</b> = Chilli, <b>M</b> = Mustard, <b>T</b> = Tomato, <b>C</b> = Celery, <b>S</b> = Soya, <b>F</b> = Fish, <b>SU</b> = Sulphur dioxide, <b>SE</b> = sesame, <b>L</b> = Lupin, <b>CR</b> = crustaceans							

All of our dishes are produced in kitchens that contain allergens. Please advise the Catering Manager of any special dietary requirements, food intolerances and allergies.