

# MENU

## WEEK 3

### MONDAY

#### Chef's Carvery

Roast Turkey  
or

Roast Beef with Onions & Mushrooms  
served with seasonal potatoes & vegetables

#### *Meal Deal*

Sausage & Leek Pie

Hawaiian Gammon Steak  
topped with cheese & pineapple

#### *Healthy Option v*

Roasted Vegetable Pasta with  
Cheshire Pesto & Pine Kernal



### TUESDAY

#### Chef's Carvery

Roast Lamb & Mint Sauce  
Or

Honey Roast Gammon  
Served with seasonal potatoes and vegetables

Chicken Tikka Masala  
served with rice

#### *Meal Deal*

Giant Yorkshire Pudding  
Filled with Saucy Mince Beef

#### *Healthy Option*

Roasted Vegetable Cassoulete

### WEDNESDAY

#### Chef's Carvery

Roast Pork with Sage & Apple Stuffing  
Or

Roast Chicken with Lemon & Herbs  
Served with seasonal potatoes & vegetables

Please see our  
Jacket potato  
board for today's  
special filling

Pork Pan Fry  
Tender Pieces of Pork with mushrooms, Rosemary &  
Garlic  
Served with rice

#### *Meal Deal*

Deep Fried Fish in Light Crispy Batter

### THURSDAY

#### Chef's Carvery

Pot Roasted beef with Braised  
Root Vegetables  
Or

Roast Rosemary Lamb  
Served with seasonal potatoes and vegetables

Sweet & Sour Chicken  
served with egg fried rice

#### *Meal Deal*

Shepherds Pie  
Ground beef with onions in a rich gravy  
topped with creamed potatoes

#### *Healthy Option v*

Vegetable Tagine with Chickpeas & Raisins

*Healthy Option v*  
Jambalaya

### FRIDAY

#### Chef's Carvery

Roast turkey  
Or

Roast Pork with Glazed Apricots & Almonds  
Served with seasonal potatoes and vegetables

Catch of the Day  
Golden Fried Fillet of Haddock with lemon  
Or

White Fish Mornay

Spaghetti Bolognaise *Meal Deal*  
With fresh parmesan & garlic bread

*Healthy Option v*  
Thai Vegetable Noodles