



### 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>	Battered chicken balls with sweet and sour sauce	Beef and onion pie	Roasted chicken or turkey with sage and onion stuffing	Cottage pie	Breaded fish with lemon wedge
<b>Vegetarian</b>	Quorn strips and sweet and sour sauce	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>	Noodles or rice Prawn crackers Stir fry vegetables	Creamy mash Peas Broccoli	Roasted potatoes, Honey roasted carrots and parsnips 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	Pineapple cake with custard	Chocolate and banana sponge with chocolate sauce	Fruit crumble slice
<b>Dessert 2</b>	Fruit jelly, Orange slices, Fresh fruit salad	Selection of fruit s, Homemade granola, Melon slices Fresh fruit salad	Mousse Orange slices, Fresh fruit salad	Selection of fruit s, Homemade granola, Melon 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
<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	Tex Mex Chicken in Tomato Sauce	Creamy Chicken & Bacon Pie (mash topped)	Beef & Vegetable Kebab on Flatbread	Crispy Battered Fish Steamed Hake in Lime & Herb Butter
<b>Vegan</b>	Vegan Falafel in Spicy Tomato Sauce	Fully-Loaded Vegan Nachos	Vegan Cottage Pie	Marinated Vegetable Kebab in Pitta	Vegan Fillets
<b>Pasta bar</b>	Pasta Carbonara Tomato & Mushroom Pasta Garlic Bread	Minced Beef Ragu Pasta Spicy Quorn in Tomato Sauce Pasta Chilli Bread	Roasted Roots Jacket Potatoes, Sweet Potatoes, Beetroots Tomato & Bacon Pasta Garlic Focaccia	Spicy Chicken & Tomato Tagliatelle Aubergine, Peppers & Mushroom Tagliatelle Olive Bread	Macaroni Cheese Garlic Bread
<b>Vegetables &amp; Sides</b>	Roasted New Potatoes Sautéed Kale, Spinach & Cabbage	Black Pepper Oven Wedges  Stir-Fried Vegetables, Soured Cream, Guacamole	Mashed Potato Sweetcorn, Green Beans & Peas	Chilli & Garlic Diced Potatoes Mixed Vegetables	Home-Cut Chips Peas, Mushy Peas, Curry Sauce, Lemon Wedges, Tartar Sauce
<b>Deli Bar</b>	Chicken Caesar Baguette Barbecue Chickpea Baguette	Chicken in Chipotle Mayonnaise Wrap Vegan Strip, Tomato and Pepper Wrap	Tuna Melt Quorn & Cheese Melt	Sausage & Pickle Bap Vegan Sausage & Pickle Bap	Bacon, Avocado & Tomato Open Sandwich Avocado, Tomato & Chilli Open Sandwich
<b>Pudding</b>	Sticky Toffee Pudding & Cream	Chocolate Orange Sponge & Chocolate Sauce	Shortbread & Custard	Chocolate Fudge Cake & Chocolate Sauce	Toffee Apple Flapjack & Custard
<b>Chilled Dessert</b>	Yoghurt Pots	Lemon Tart	Raspberry Mousse	Black Forest Pots	Orange Jelly



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### 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 peamol 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	Milk chocolate torte	Honeycomb and chocolate cupcakes

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### Week 3 Dinner Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Soup</b>	Leek & Potato	Tomato & Pesto	Butternut & Chilli	Minestrone	Root Vegetable & Lentil	Chef's Choice	Parsnip
<b>Main</b>	Chicken Thigh Stew	Roast Pork & Apple Sauce Bap	Cheese Burger with Cheese, Gherkins, Onions & Tomato	Pasta Bar Choice of:	Toad in the Hole		Lemon & Thyme Chicken Leg & Stuffing
<b>Main 2</b>	Sausage & Bean Cassoulet	Turkey Schnitzel with Tomato Sauce	Crispy Chicken Burger	Tomato or Cheese Sauce Chicken, Beef, Quorn, Chorizo	Steak & Mushroom Pie		Maple Glazed Roast Gammon
<b>Vegan</b>	Vegan Mince and Onion Stew	Quinoa & Beetroot Burger with Tomato Relish	Grilled Quorn Fillet Burger	Bacon, Onions, Peppers, Mushrooms or Sweetcorn	Vegan Mince Pie		Vegan Toad in the Hole Vegan Gravy
<b>Vegetables &amp; Sides</b>	Spring Onion Champ Roast Carrots & Sautéed Cabbage	Home-Cut Chips Raw Slaw, Garlic Peas & Green Beans	Cumin & Coriander Diced Potatoes Corn on the Cob, BBQ Beans	Italian Roasted Potatoes Green Beans, Sugar Snaps & Mange Tout	Mashed Potato Carrots & Peas Gravy		Roast Potatoes Roast Carrots & Parsnips, Broccoli Mornay, Cabbage Gravy
<b>Dessert</b>	Banana & Chocolate Sundae	Jam & Coconut Sponge & Custard	Strawberry Trifle	Tiramisu	Jam Tart & Custard		Apple & Rhubarb Crumble & Custard

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