

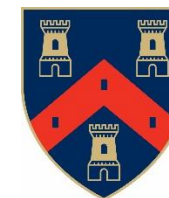


# MOUNT KELLY

## Week 1 Lunch Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Tomato and red lentil	Carrot and coriander	Broccoli	Vegetable	Tomato
<b>Main</b>	Bolognaise	Chargrilled chicken	Roast west country beef and Yorkshire pudding	Garlic and parsley chicken kiev	Breaded fish with lemon wedge
<b>Vegetarian</b>	Tomato and gnocchi bake	Beef stuffed tomatoes	Sweetcorn and courgette fritters	Crispy Quorn strips in garlic and parsley butter	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
<b>Vegetable</b>	Spaghetti Broccoli	Caesar dressing Croutons Parmesan cheese New potatoes	Roast potatoes, Honey glazed carrots and parsnips Cauliflower cheese	Roast baby potatoes Cabbage	Home cut chips Mushy peas Peas Tartare sauce
<b>Dessert 1</b>	Marble sponge and custard	Iced lemon drizzle cake	Fruit crumble and custard	Apple pie and cream	Cinnamon rolls
<b>Dessert 2</b>	Jelly Orange slices Fresh fruit salad	Selection of fruit yoghurts, Homemade granola Melon slices Fresh fruit salad	Mousse Orange slices Fresh fruit salad	Selection of fruit yoghurts Homemade granola Melon slices Fresh fruit salad	Fruit jelly Orange slices Fresh fruit salad

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## Week 1 Lunch Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Roasted Vegetable	Spicy Lentil	Tomato & Red Pepper	Parsnip & Apple	Mushroom
<b>Main</b>	Toad in the Hole	Chicken Korma	Roasted Lemon & Rosemary Chicken Thighs	Cottage Pie	Crispy Battered Fish or Steamed Hake in Lemon & Dill Butter
<b>Vegan</b>	Vegan Toad in the Hole	Sweet Potato & Lentil Dhal	Red Onion & Goats Cheese Quiche	Vegan Mince & Onion Pie (pastry topped)	Vegan Battered Sausage
<b>Pasta Bar</b>	Beef Bolognaise Three Cheese Pasta Garlic Focaccia	Roasted Roots Jacket Potatoes, Sweet Potatoes, Beetroots Ratatouille 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
<b>Vegetables &amp; Sides</b>	Mashed Potato Carrots & Peas Onion Gravy	Pilau Rice Lightly Spiced Vegetables Poppadoms, Mango Chutney	Coriander & Pepper Potatoes Sautéed Cabbage, Peppers & Peas	Roasted New Potatoes Carrots, Parsnips & Cabbage	Home-Cut Chips Peas, Mushy Peas, Curry Sauce, Lemon Wedges Tartar Sauce
<b>Deli Bar</b>	Tuna & Sweetcorn Baguette Vegan BLT Baguette	Salami, Sundried Tomato & Mozzarella Panini Mushroom & Cheese Panini	Beef, Pepper & Chipotle Wrap Hummus Salad Wrap	Chicken & Hummus Pitta Mixed Bean Pitta	Roast Turkey & Cranberry Sandwich Brie & Cranberry Sandwich
<b>Pudding</b>	Spotted Dick & Custard	Bakewell Tart	Apricot & Almond Sponge with Cream	Chocolate Brownie & Chocolate Sauce	Lemon & Coconut Drizzle
<b>Chilled Dessert</b>	Chocolate Sundae	Lime Jelly	Fresh Fruit Yoghurt & Toppings	Potted Cheesecake	Berry Fool

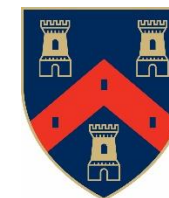


# MOUNT KELLY

## Week 1 Dinner Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Crispy chicken wraps	Gammon ham and fried egg	Fishcakes	Nachos	Sticky BBQ chicken bites
Vegetarian	Tomato and halloumi slice	Fried mushrooms on sourdough toast with fried egg	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
<b>Soup</b>	Chicken & Sweetcorn	French Onion	Chickpea, Chilli & Lime	Sweet Potato & Coconut	Carrot & Coriander	Chef's Choice	Parsnip
<b>Main</b>	Sweet Chilli Beef Chow Mein	Beef Bourguignon	Chicken Thai Green Curry	Nacho & Wrap Bar: Choice of:	Honey Roasted Ham with Fried Egg or Pineapple		Roast Beef & Yorkshire Pudding
<b>Main 2</b>	Roast Pork with Ginger and Spring Onions	Coq au Vin	Beef Massaman Curry	Spicy Minced Beef, Seasoned Chicken or Spiced Quorn	Seared Minced Lamb Pattie with Grilled Tomatoes and Mushrooms		Roasted Honey & Mustard Glazed Gammon
<b>Vegan</b>	Teriyaki Mixed Vegetables	Caramelised Onion & Blue Cheese Tart	Vegan Pad Thai	Onions, Peppers, Mushrooms or Sweetcorn	Garlic Mushrooms on Toasted Sourdough		Mushroom & Leek Loaf Vegan Gravy
<b>Vegetables &amp; Sides</b>	Vegetable Fried Rice Stir Fried Cabbage & Kale Prawn Crackers	Chateau Potatoes Green Beans, Mange Tout & Sugar Snaps	Coconut Rice Stir Fried Baby corn, Red Onions & Green Beans Prawn Crackers	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
<b>Dessert</b>	Mango Pana Cotta	Apple & Cinnamon Sponge	Pineapple Upside-Down Cake	Doughnuts	Steamed Syrup Sponge & Custard		Apple & Pear Crumble & Custard

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