

WEEK 1 MENU

SUPPER

Monday

Main Course

Beef in Black Bean Sauce
with Noodles
Spring Rolls
Prawn Crackers

Vegetarian

On Request

Seasonal Potatoes & Vegetables

Stir Fried Vegetables

Salad

Mixed Salad or
Vegetable Crudités

Daily Selection
of Fresh Fruit,
Jelly & Yoghurt

Tuesday

Main Course

Grilled Gammon
Fried Egg
Pineapple Ring

Vegetarian

On Request

Seasonal Potatoes & Vegetables

Chips
Peas

Salad

Mixed Salad or
Vegetable Crudités

Daily Selection
of Fresh Fruit,
Jelly & Yoghurt

Wednesday

Main Course

Southern Fried Chicken
Cajun Rice

Vegetarian

On Request

Seasonal Potatoes & Vegetables

Corn on the Cob

Salad

Mixed Salad or
Vegetable Crudités

Daily Selection
of Fresh Fruit,
Jelly & Yoghurt

Thursday

Main Course

Beef Taco
Guacamole
Sour Cream

Vegetarian

On Request

Seasonal Potatoes & Vegetables

Fresh Potato Wedges
Sweetcorn

Salad

Mixed Salad or
Vegetable Crudités

Daily Selection
of Fresh Fruit,
Jelly & Yoghurt

Friday

Allergy information available on request

