

St George's Lunch Menu - Week Commencing 1st & 22nd Nov 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT MAIN COURSES	"Mindful" Mac 'n' Cheese	Peking Style Pork with Noodles	Grilled Peri Peri Spiced Chicken	Roast Gammon	"Fish Friday" Fish Fingers, Battered Pollack Fillet, Hunters Chicken		
	Fine Green Beans, Garlic Bread, Chilli & Rosemary Corn Cobbs	Glazed Sliced Carrots, Stir Fry Cinese Leaf & Bok Choi, Prawn Crackers, Vegetable Spring Rolls	Oven Baked Diced Potatoes, Roasted Spicy Half Corn on the Cobb	Roast Potatoes, Cauliflower Cheese, Braised Savoy Cabbage	Chips, Garden Peas, Mushy Peas		
VEGETARIAN MAIN COURSE	Garden Peas, Roasted Red Pepper & Spinach Frittata	Potato & Spring Onion Burrito	Potato & Lentil Masala	Open Tart of Brie, Cherry Tomato & Shallots	Baked Penne Pasta & Cherry Tomatoes		
PASTA & JACKET BAR	Baked Jacket Potato Bar with a choice of fillings	Baked Jacket Potato & Pasta Bar with a choice of fillings	Baked Jacket Potato Bar with a choice of fillings	Baked Jacket Potato & Pasta Bar with a choice of fillings	Baked Jacket Potato Bar with a choice of fillings		
SOUP STATION	Freshly made Soup with a choice of handmade wholemeal and white loaves and a selection of Croutons, Herb Oil & Mixed Seeds						
SALAD BAR	Tomato Salad, Sliced Cucumber, Coleslaw, Mixed Leaves, Beetroot and Sweetcorn, Pasta or Rice or Grains or Potato salad, and 1 x compound Feature Salad Croutons, Toasted Seeds, Marinated Olives and Dressings						
HOT DESSERTS	Epic Chocolate & Beetroot Traybake	Toffee Apple Oaty Crumble & Custard	Steamed Syrup Sponge	Baked Plum Traybake	American Style Pancakes with Chocolate & Banana Sauce		
COLD DESSERTS	Probiotic natural yoghurt with selection of toppings, Jelly, Fresh Cut Fruit	Probiotic natural yoghurt with selection of toppings, Jelly, Fresh Cut Fruit	Probiotic natural yoghurt with selection of toppings, Jelly, Fresh Cut Fruit	Probiotic natural yoghurt with selection of toppings, Jelly, Fresh Cut Fruit	Probiotic natural yoghurt with selection of toppings, Jelly, Fresh Cut Fruit		
AVAILABLE DAILY: Handmade wholemeal and white bread, yoghurt and jelly pots, freshly cut fruit A special diet main course and dessert see counter							

St George's Lunch Menu - Week Commencing 8th & 29th Nov 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT MAIN COURSES	Spaghetti Bolognese	Cumberand Sausage Toad in the Hole	Crispy Fried Sweet & Sour Chicken with Steamed Rice	Chicken & Sweetcorn Pie with a Puff Pastry Lid	"Fish Friday" Fish Fingers, Hake with Chorizo & Potatoes, Sticky Tabasco Chicken Thigh		
	Garlic Bread & Sweetcorn	Creamy Mashed Potato, Roasted Root Vegetables	Broccoli, Fine Green Beans, Garden Peas, Prawn Crackers, Vegetable Spring Rolls	Baby Roasted New Potatoes with Thyme, Glazed Sliced Carrots, Fine Green Beans	Chips, Garden Peas & Mushy Peas		
VEGETARIAN MAIN COURSE	Mushroom Stroganoff with Steamed Rice	Quorn Toad in the Hole	Sweet Potato & Chickpea Curry	Aubergine Cheesecake	Vegetable Pasta Bake		
PASTA & JACKET BAR	Baked Jacket Potato Bar with a choice of fillings	Baked Jacket Potato & Pasta Bar with a choice of fillings	Baked Jacket Potato Bar with a choice of fillings	Baked Jacket Potato & Pasta Bar with a choice of fillings	Baked Jacket Potato Bar with a choice of fillings		
SOUP STATION	Freshly made Soup with a choice of handmade wholemeal and white loaves and a selection of Croutons, Herb Oil & Mixed Seeds						
SALAD BAR	Tomato Salad, Sliced Cucumber, Coleslaw, Mixed Leaves, Beetroot and Sweetcorn, Pasta or Rice or Grains or Potato salad, and 1 x compound Feature Salad Croutons, Toasted Seeds, Marinated Olives and Dressings						
HOT DESSERTS	Apple Marble Traybake	Sultana Sponge Pudding		Steamed Jam & Coconut Sponge with Custard	Strawberry Bakewell Tart		
COLD DESSERTS	Probiotic natural yoghurt with selection of toppings, Jelly, Fresh Cut Fruit	Probiotic natural yoghurt with selection of toppings, Jelly, Fresh Cut Fruit	Ice Cream Probiotic natural yoghurt with selection of toppings, Jelly, Fresh Cut Fruit	Probiotic natural yoghurt with selection of toppings, Jelly, Fresh Cut Fruit	Probiotic natural yoghurt with selection of toppings, Jelly, Fresh Cut Fruit		
AVAILABLE DAILY:							
Handmade wholemeal and white bread, yoghurt and jelly pots, freshly cut fruit							
A special diet main course and dessert see counter							

St George's Lunch Menu - Week Commencing 15th Nov & 6th Dec 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HOT MAIN COURSES	Chicken, Gammon & Leek Crumble	British Cumberland Sausages	British Beef Lasagne	Tandoori Chicken with Basmati Rice	"Fish Friday" Cod Goujons, Grilled Welsh Rarebit Topped Smoked Haddock, Honey Mustard Chicken wrapped in Grilled Bacon		
	New Potatoes with Parsley, Fine Green Beans	Creamy Mash Potato, Baked Beans, Roasted Root Vegetables: Parsnip, Carrots, Swede & Beetroot	Garlic Bread & Sweetcorn	Mixed Vegetable Curry, Garlic & Corriander Naan, Samosa, Poppadoms	Chips, Garden Peas, Mushy Peas		
VEGETARIAN MAIN COURSE	Caramelised Onion Tart with Goats Cheese	Glamorgan Crispy Coated Sausage	Spinach & Lentil Lasagne with Mediterranean Vegetables	Pineapple & Lentil Tikka Dahl	Ratatouille & Mozzarella Pasta Bake		
PASTA & JACKET BAR	Baked Jacket Potato Bar with a choice of fillings	Baked Jacket Potato & Pasta Bar with a choice of fillings	Baked Jacket Potato Bar with a choice of fillings	Baked Jacket Potato & Pasta Bar with a choice of fillings	Baked Jacket Potato Bar with a choice of fillings		
SOUP STATION	Freshly made Soup with a choice of handmade wholemeal and white loaves and a selection of Croutons, Herb Oil & Mixed Seeds						
SALAD BAR	Tomato Salad, Sliced Cucumber, Coleslaw, Mixed Leaves, Beetroot and Sweetcorn, Pasta or Rice or Grains or Potato salad, and 1 x compound Feature Salad Croutons, Toasted Seeds, Marinated Olives and Dressings						
HOT DESSERTS	Marmalade Sponge	Creamy Baked Coconut Rice Pudding	Chocolate Ripple Traybake	Chocolate, Pear & Ginger Crumble	Profiteroles with Chocolate Sauce		
COLD DESSERTS	Probiotic natural yoghurt with selection of toppings, Jelly, Fresh Cut Fruit	Probiotic natural yoghurt with selection of toppings, Jelly, Fresh Cut Fruit	Probiotic natural yoghurt with selection of toppings, Jelly, Fresh Cut Fruit	Probiotic natural yoghurt with selection of toppings, Jelly, Fresh Cut Fruit	Probiotic natural yoghurt with selection of toppings, Jelly, Fresh Cut Fruit		
AVAILABLE DAILY: Handmade wholemeal and white bread, yoghurt and jelly pots, freshly cut fruit A special diet main course and dessert see counter							