

Main Course Menu

August 2017

Monday

Chicken fillet with a herb and yoghurt crust, served with buttered new potatoes, seasonal vegetables and a mixed leaf salad
(contains celery, milk, sulphites)

Spinach and parmesan gluten free pasta bake served with warm tomato salsa, mixed leaf and sour cream **V GF** *(contains celery, milk)*

Tuesday

Seafood pie topped with herb mash, garden peas and buttered baton carrots
(contains gluten, milk, sulphites)

Aubergine and mozzarella bake served with sautéed potatoes, mixed onion leaf salad **V GF**

Wednesday

Griddled pork chop and caramelised apple, served with colcannon mash, buttered carrots and broccoli, and red wine gravy *(contains egg, gluten, milk)*

Seasonal vegetable Wellington, garlic roasted new potatoes, buttered carrots and garden peas with a red wine gravy **V** *(contains celery, gluten, milk)*

Thursday

Beef and mushroom shortcrust pie, served with seasonal vegetables, steamed new potatoes and a onion gravy *(contains celery, gluten, milk, sulphites)*

Vegetarian toad in the hole, with red onion mash, seasonal vegetables and a red wine gravy **V** *(contains celery, gluten, milk, sulphites)*

Friday

Traditional fish and chips, garden peas, mushy peas, chunky chips, tartar sauce and lemon wedge *(contains egg, fish, gluten)*

Cauliflower and broccoli flan, served with seasonal vegetables, crushed garlic new potatoes **V GF** *(contains celery, milk)*

Saturday

Lamb moussaka, served with warm potato and onion salad, and mixed leaf
GF (contains celery, egg, milk, sulphites)

Mixed bean Kiev served with sweet potato mash, roasted courgette and mixed
leaf salad **V**
(contains celery, egg, gluten, milk, mustard)

Sunday

Roast chicken quater, buttered seasonal vegetables, polenta crusted roast
potatoes, sage and onion stuffing and tarragon gravy
(contains celery, egg, gluten, milk, sulphites)

Gluten free nut roast, seasonal vegetables, roast potatoes and sage and onion
gravy **V GF** (contains celery, egg, milk, nuts)