

Main Course Menu

June 2017

Monday

Lamb tikka served with roasted courgette, basmati rice, mango chutney and home-made naan bread *(contains celery, gluten, milk, mustard, sulphites)*

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

Tuesday

Smoked bacon steak and pineapple, colcannon mash, kale, roasted parsnips and a wholegrain mustard gravy
(contains gluten, milk, mustard, sulphites)

Vegetarian shepherd's pie topped with cheddar mash, steamed cauliflower and broccoli and a red onion gravy **V GF**

Wednesday

Cumberland sausage ring with red onion mashed potato, garden peas, buttered carrots and a 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

Chicken and leek pie topped with puff pastry, steamed buttered new potatoes, broccoli and roasted celeriac with thyme infused gravy
(contains celery, gluten, milk, sulphites)

Roast aubergine, courgette and pepper moussaka served with garlic stick and mixed onion salad **V** *(contains celery, gluten, milk)*

Friday

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

Summer vegetable pie topped with gluten free pastry, garden peas, chunky chips and a white wine gravy **V GF** *(contains celery, milk)*

Saturday

Coq au vin served with crushed new potatoes, steam roasted carrots and broccoli *(contains celery, egg, gluten, milk, sulphites)*

Mushroom, spinach and blue cheese gluten free lasagne, fried garlic new potatoes and mixed leaf salad with balsamic vinaigrette **V GF**
(contains celery, milk, mustard)

Sunday

Roast pork shoulder and crackling, buttered seasonal vegetables, polenta crusted roast potatoes, apple sauce and rosemary 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)*