WENENU

MEAL DEAL









WHATS IN SEASON...

MON

Chicken Arrabiata with Garlic Bread (G, MK)

TUES

Traditional Homemade Cottage Pie with Seasonal Vegetables (CE, MK)

WED

Roast Turkey, Stuffing, Cranberry Sauce & Roast Gravy (CE. G)

THURS

Jerk Chicken served with Rice & Peas (CE)

FRI

"Catch of the Day" with Chips & **Tartare Sauce** (E, F, G, MU)

Vegetable Ravioli & Tomato Bake (CE, G, MK)

Butternut Squash, Chive & Goats Cheese Tart with Kale Pesto (E, G, MK)

Quorn Bolognese served with Warm Foccacia (E, G)

Spiced Chickpea & Roasted Aubergine Flatbread with Green Herb Salsa (CE. G)

Three Cheese Macaroni (G, MK)

Chimichurri Slaw Beef Burger with Seasoned Wedges (G, SO, SU)

Spanish Chicken Leg with Vegetable Pasta (G)

Tibetan Lenti, Corn & Potato Coconut Curry with Steamed Rice (CE, MU)

Key Wat, Slow Cooked **Ethiopian Stewed Beef** with Couscous

(CE)

Chef's Choice

Peach, Pear & Ginger Pie with Custard (E, G, MK)

Chocolate Sponge Pudding with Chocolate Sauce (E, G, MK)

Apple & Fruits of the Forest Crumble with **Custard Sauce** (G, MK)

Sicilian Lemon Polenta Cake with Vanilla Sauce (E, G, MK)

Sticky Toffee Pudding with Butterscotch Sauce (E, G, MK)

COLD SELECTION: BAGUETTES · SANDWICHES · SALAD BOXES · FRESH FRUIT · YOGURT POTS

ALLERGENS KEY

CE - CELERY

CR - CRUSTACEAN E - EGGS

F - FISH

G - CEREALS CONTAINING GLUTEN

L - LUPIN

MK - MILK

MO - MOLLUSCS **MU - MUSTARD**

N - NUTS P - PEANUTS

SE - SESAME SEEDS

SO - SOYA

SU - SULPHUR DIOXIDE













