

# WEEKLY MENU

Week Commencing 15th August

**\*FOOD IS EVERYTHING.**

## MONDAY ····

## TUESDAY ····

## WEDNESDAY ····

## THURSDAY ····

## FRIDAY ····

### Soup

Minestrone

Broccoli & Stilton

Cream of Celeriac

Roasted Sweet Potato & Cheddar

Summer Vegetable

### Vegetarian

Vegetarian Chilli, Steamed Rice

Mediterranean Vegetable Quiche, Fresh Salad

Roasted Vegetable Lasagne, Garlic Bread

Pan fried Vegetables in Black Bean Sauce

**Vegetarian Feijoada (Vegetables Cooked with Black Beans)**

### Main Meal

**Arroz Carreteiro (Slowly Cooked Beef, Tomato & Peppers)**

Crispy Duck Salad, Grated Carrot, Hoi Sin Sauce

**Moqueca de Camarao (Prawns & Vegetables in Coconut Milk)**

Plated Chicken Breast, Fondant Potato, Leek, Wild Mushroom & Madeira Sauce

Homemade Fishcakes, Tartar Sauce, Lemon Wedges

### Main Meal

Chicken, Leek & Bacon Pie, Mashed Potato, Gravy

**Zingy Lime & Garlic Chicken, Roasted Peppers**

Build Your Own Beef Burger, Selection of Toppings & Sauces

**Chilli & Cumin Marinated Beef**

Pork Casserole, Apple Dumplings

### Sides

Curly Fries  
Summer Vegetables

Steamed Rice  
Fresh Salad

Steamed Rice  
Panache of Salad

Coriander Scented Rice  
Panache of Vegetables

Fresh Salad  
Mushy Peas

### Jacket Filling

Please See Daily Menu

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