



MOUNT
KELLY

Week 1 Lunch Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Sweet potato, chilli & ginger	Chicken noodle	Leek & potato	Roasted tomato & red pepper	Carrot & ginger
Main 1	Vegetable lasagne, garlic bread	Spicy sausage and tomato penne pasta	Roasted beef, Yorkshire pudding	Honey & oat chicken breast	Breaded fish, tartare sauce
Main 2	Chickpea, lentil and butternut squash dhal	Black bean glazed chicken stir fry, egg noodles, prawn crackers	BBQ pulled pork wraps, raw slaw salad	Vegetable tagine, raisin couscous	Creamy chicken & mushroom penne pasta
Vegetarian	Courgette, rocket, cherry tomato and garlic pasta	Tempura vegetables, sweet chilli sauce	Slow roasted tomato and basil risotto	Macaroni cheese	Sweet potato and spinach curry, steamed rice, poppadums
Dessert 1	Chocolate sponge with chocolate sauce	Yoghurt bar Fruit salad	Warm rice pudding	Yoghurt bar Fruit salad	Sticky toffee pudding, cream
Dessert 2	Berry mousse	Tamar fruit bowl	Fruit jelly	Tamar fruit bowl	Lemon posset
Potatoes	Diced potatoes	Oven wedges	Roast potatoes	Buttered new potatoes	Home-cut chips
Vegetables	Broccoli and peas	Green beans and sweetcorn	Honey roasted carrots and parsnips, steamed savoy cabbage, cauliflower cheese	Pea, mangetout and sweetcorn medley	Peas, minted mushy peas

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Week 1 Lunch Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup	Sweet potato, chilli and ginger	Minestrone	Pea and mint	Chicken and sweetcorn	Chunky Country Veg	Tomato and red pepper
Main 1	Chickpea, spinach and butternut squash dhal	BBQ Pulled pork wraps, raw slaw	Roast beef, Yorkshire pudding	Honey and oat coated chicken breast	Battered Fish of the day, tartar sauce	Spaghetti Bolognese, garlic bread
Main 2	Vegetable Lasagne, tomato and basil bread	Black bean glazed chicken stir fry, egg noodles, prawn crackers	Chicken, smoked bacon and courgette pasta	Mixed vegetable tagine, raisin couscous	Warm salad bar Quiche Lorraine, Sweet chilli Quorn strips New potatoes	Howells sausages and onion gravy
Vegetarian	Couscous and feta stuffed peppers	Tempura vegetables, chilli and ginger dressing, steamed rice	Slow roasted tomato and basil pesto risotto	Mac and cheese	Sweet potato, spinach and chickpea curry, poppadums	Garlic and cheese stuffed flat cap mushrooms
Warm sandwich bar filling	Stilton and cranberry panini	Jacket potato, mixed bean chilli	Sausage and onion	BLT	Tuna melt	
Dessert 1	Chocolate sponge, chocolate sauce	Warm gingerbread cake, toffee sauce	Warm rice pudding	Orange and olive oil polenta cake	Caramelised apple and praline sponge	Sticky toffee, pouring cream
Dessert 2	Apple crumble pots	Fresh fruit and yogurt	Fruit jelly	Fresh fruit and yogurt	Chocolate orange mousse	Lemon and lime posset
Potatoes	Smoked Paprika diced	Oven wedges	Roasted	Buttered new potatoes	Chips	Mash
Vegetables	Broccoli, peas and sugar snaps	Panache of veg	Honey roasted carrots, swede mash, savoury cabbage Cauliflower cheese	Sweetcorn, mangetout and peas	Peas, minted split pea puree	Carrots and green beans



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Week 1 Dinner Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Tomato & basil	Sweet potato, chilli & ginger	Chicken noodle	Leek & potato	Roasted tomato & red pepper
Main 1	Theatre bar	Chicken Katsu curry	Burger and hotdog bar	Lime and coriander chicken thighs, coconut rice	Mixed grill
Main 2	Theatre bar	Salmon and broccoli pasta bake	Burger and hotdog bar	Lamb kebab, garlic mayo, pitta bread	Prawn, squid and chorizo paella
Vegetarian	Chargrilled bread, smashed avocado. Poached egg	Haloumi and roasted vegetable pittas	Garlic and cheese stuffed field mushroom	Teriyaki tofu stir fry, egg noodles, prawn crackers	Stuffed beef tomato, mature cheddar and basil crumb
Dessert	Pancakes, popcorn, toffee sauce	Pineapple fritters and custard	Millionaire shortbread	Warm carrot cake	Chocolate and salted caramel tart
Potatoes	Roasted new	Special fried rice	Home-cut chips	Herby diced potato	Wedges
Vegetables	Steamed carrots and sweetcorn	Broccoli and mangetout	Corn on the cob	Stir fried vegetables	Peas & carrots

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Week 1 Dinner Menu: College

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Parsnip and honey	Sweet potato, chilli and ginger	Minestrone	Tomato	Chicken noodle		Tomato and red pepper
Main 1	Pork chop, roasted apples	Katsu chicken curry, rice	Burger and hot dog bar	Lamb kebab, garlic mayo, pitas	Mixed grill: Sausage, lamb chop, black pudding, bacon (3 items max)		Roast chicken with stuffing
Main 2	Pasta carbonara, garlic bread	Salmon and broccoli Penne	Burger and hot dog bar	Lime and chilli chicken thighs, coconut rice	Prawn, chorizo and squid paella		Roast gammon, apple sauce
Vegetarian	Smashed avocado on chargrilled bread, poached egg	Roasted veg and sweet chilli halloumi pitas	Tomato, basil and spicy vegetarian pasta	Teriyaki tofu stir fry, egg noodles, prawn crackers	Stuffed beef tomato, basil and goats cheese crumb		Vegetable and lentil loaf
Dessert 1	Chocolate and coffee sponge	Pineapple fritters	Banana split	Chocolate torte	Banana caramel bread and butter pudding		Treacle tart
Dessert 2	Viennese biscuits	Chocolate hobnobs	Blueberry and lemon sponge	Warm carrot cake	Scones and cream		Crumble and custard
Potatoes	Mash	Special fried rice	Chips	Herbed diced pots	Wedges		Roast
Vegetables	Steamed carrots, snow peas, sugar snaps	Broccoli and peas	Corn on the cob	Stir-fried vegetables	Peas and sweetcorn		Cauliflower cheese, creamed cabbage, honey roasted carrots and parsnip