

# WEEK 3 MENU

## Monday

**Main Course**  
Chicken egg  
fried rice

**Vegetarian**  
Veggie egg  
fried rice

**Vegetables**  
Fine green beans and  
sautéed mushrooms

**Dessert**  
Autumn fruit  
crumble and cream

**Daily Selection  
of Fresh Fruit**

## Tuesday

**Main Course**  
King's Hall pizza

**Vegetarian**  
Grilled vegetable pizza  
Frittata muffins

**Seasonal Potatoes  
& Vegetables**  
Sauté potatoes,  
minted peas, and  
charred red onions

**Dessert**  
Chocolate and apricot  
crispy rice squares

**Daily Selection  
of Fresh Fruit**

## Wednesday

**Main Course**  
Beef lasagne

**Vegetarian**  
Roasted ratatouille  
served with cous cous

**Vegetables**  
Fresh broccoli  
Selection of roasted  
vegetables

**Dessert**  
Fresh fruit salad pots

**Daily Selection  
of Fresh Fruit**

## Thursday

**Main Course**  
Catch of the Day

**Vegetarian**  
Winter greens  
coconut dhal

**Seasonal Potatoes  
& Vegetables**  
Chipped potatoes,  
baked beans, and  
baked tomatoes

**Dessert**  
Raspberry and apple  
sponge served  
with custard

**Daily Selection  
of Fresh Fruit**

## Friday

**Main Course**  
Orange and  
rosemary roasted  
crown of turkey

**Vegetarian**  
Blue cheese and date  
open tart

**Seasonal Potatoes  
& Vegetables**  
Roast potatoes  
Selection of  
vegetables

**Dessert**  
Banoffee pie

**Daily Selection  
of Fresh Fruit**

**Allergy information available on request**

