

Traditional Tastes 2015

	WEEK ONE 05/01, 26/01, 16/02, 09/03, 30/03	WEEK TWO 12/01, 02/02, 23/02 16/03,	WEEK THREE 19/01, 09/02, 02/03, 23/03
MONDAY	Seasoned Chicken with a Tortilla Wrap and Mixed Salad (C) ***** Frozen Yoghurt or Fruit Platter	Marinated Chicken served with Roasted Vegetables and Egg Noodles (C) ***** Rowan Glen Yoghurt or Fruit Platter	Family Favourite Breaded Fish served with Chips and Garden Peas (F) ***** Rowan Glen Yoghurt or Fruit Platter
TUESDAY	British Beef Steak and Sausage Pie with New Potatoes and Seasonal Vegetables (B) ***** Caramel Flan or Fruit platter	British Beef Lasagne served with Crunchy Coleslaw and Fresh Salad (B) ***** Raspberry Muffins or Fruit Platter	Chicken Korma served with Wild Rice and Seasonal Vegetables (C) ***** Ice Cream or Fruit Platter
WEDNESDAY	Freshly made Sausage Rolls with Diced Potatoes and Seasonal Vegetables (P) (B) ***** Shortbread or Fruit platter	Pulled Pork and Crunchy Coleslaw and Fresh Salad (B) ***** Oaty Biscuit or Fruit Platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Iced Sponge or Fruit Platter
THURSDAY	Spicy British Beef Burrito and Potato Wedges (B) ***** Toffee Sponge and Custard or Fruit platter	Pasta in a Creamy Cheese Sauce served with Tomato salad and Garlic Bread (V) ***** Jam & Coconut Tart or Fruit Platter	Beef Bolognese accompanied with Fussilli Pasta and Seasonal Vegetables (B) ***** Krispie Cake or Fruit Platter
FRIDAY	Family Favourite Breaded Fish served with Chips and Garden Peas (F) ***** Ice Cream or Fruit Platter	Chicken Tikka with Wild Rice and Seasonal Vegetables (C) ***** Frozen Yoghurt or Fruit Platter	Creamy Chicken Pie with New Potatoes and Green Beans (C) ***** Fruit Crunchy Biscuit or Fruit Platter

Allergies

Before you order food and drink, please speak to a member of the catering team if you have a food allergy or intolerance.

THEME MEALS OFFERED DAILY

Includes dessert of the day

ITALI MANIA Offered every Monday	Cheese and Tomato Pizza or Tomato and Mozzarella Pasta Choose additional toppings <ul style="list-style-type: none">• Spicy Chicken• Sliced Ham• Roasted vegetables Served with garlic bread
CAFÉ DAY Offered every Tuesday	Paninis or Jacket Potato Filled with a choice of Cheese, Tuna mayo or Flaked Salmon Served Crunchy Salad
MEXICAN Offered every Wednesday	Spicy Wedges Served with a Choice of: <ul style="list-style-type: none">• Quorn Chilli• Mexican Chicken• Spicy Nuggets Served with shredded lettuce
DELI BAR Offered every Thursday	Sub roll Filled with <ul style="list-style-type: none">• Hot Spicy Chicken• BBQ Meatballs• Chicken Fillet Served with shredded lettuce
SNACK SENSATION Offered every Friday	British Beef Burger in a bun Or Quorn Hot Dog in a warm bun.

FILLING STATION OFFERED DAILY

Includes dessert of the day

Choose from

Wholemeal baguette, Sliced Bread

Filling options

Cheese, sliced ham, Tuna and free range mayonnaise

All meals include each of the following options:

- Freshly made soup of the day or starter
- Drink option including :Plain milk, water, assorted fruit juice, flavoured milk or aqua 67
- Bread Basket
- Crudity platter