

# [WEEKLY MENU]



Week 3

Week Commencing: Mon 13th Sept - Mon 4th Oct - Mon 1st Nov - Mon 22nd Nov - Mon 13th Dec



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Beef Bolognese (G)	Caribbean Chicken Curry (CE, G)	Roast Beef, Yorkshire Pudding & Roast Gravy (E, G, MK)	Sweet & Sour Chicken (CE, G)	Baked Battered Fish & Ketchup (F, G)
Vegetarian Dish of the Day	Roasted Tomato & Basil Pasta (CE, F, G)	Caribbean Vegetable & Quorn Curry (CE, E, G)	Lentil & Spinach Strudel with Tomato Sauce (CE, G)	Hoi Sin Vegetable & Noodle Stir-Fry (CE, G, MU, SO)	Cheesy Pasta Bake (CE, G, MK)
Fish Dish of the Day	Fish Biryani (CE, F, G)	Seafood Arrabiatta (CE, F, G)	Seafood Fish Pie (F, G, MK)	Fish Paella CE, F, MU	Chef's Special
Vegetable Choice	Penne Pasta (G) Carrot & Peas	Rice & Peas (CE) Green Beans Carrots	Baby Roast Potatoes Savoy Cabbage Cauliflower	Steamed Rice (CE) Sweetcorn Broccoli	Chipped Potatoes Baked Beans Garden Peas
Dessert of the Day	Chocolate Beetroot Brownie with Chocolate Sauce (E, G, MK, SO)	Cherry Tray Bake with Whipped Cream (E, G, MK)	Apple Fruit of the Forest Pie with Custard (E, G, MK)	Orange & Cranberry Sponge Vanilla Sauce (E, G, MK)	Banana Mousse with Choc Chip Cookie (E, G, MK, SO)
Cold Selection	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit

Allergens:

CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds

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