

# [WEEKLY MENU]



Week 3

Weeks Commencing: Mon 2nd May - Mon 23rd May - Mon 20th Jun - Mon 11th Jul



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Beef Bolognese	Caribbean Chicken Hot Pot (G, SO, SU)	Roast Beef Yorkshire Pudding & Roast Gravy (E, G, MK)	Sweet & Sour Chicken (CE, G)	Fish Fingers with Lemon Mayo (E, G, F)
Vegetarian Dish of the Day	Baked Vegetable Risotto (CE)	Caribbean Vegetable & Quorn Curry (CE, E)	Feta & Spinach Filo Tart, Tomato Sauce (CE, E, G, MK)	Hoi Sin Vegetable & Noodle Stir Fry (CE, E, G, MU*, SO)	Slow Roasted Tomato & Cheese Pasta Bake (CE, G, MK)
Fish Dish of the Day	Fish Biryani (CE, F, G*)	Seafood Spaghetti Carbonara (CE, F, G, MK)	Cajun Fish Wrap (CE, F, G, MU)	Fish Paella (CE, F, MU)	Chefs Special
Vegetable Choice	Spaghetti (G) Carrot & Peas	Rice & Peas (CE) Green Beans & Carrots	Baby Roast Potatoes Sautéed Cabbage Cauliflower	Steamed Rice Sweetcon & Broccoli	Chipped Potatoes Baked Beans Garden Peas
Dessert of the Day	Strawberry Mousse with White Choc Chip Cookie (E, G, MK, SO)	Cherry Tray Bake Whipped Cream (E, G, MK)	Sumer Fruit Crumble & Custard (G, MK)	Orange & Cranberry Sponge & Vanilla Sauce (E, G, MK)	Ice-Cream (MK)
Cold Selection	Salad Bar Home Baked Breads (G, SO) Fresh Fruit	Salad Bar Home Baked Breads (G, SO) Fresh Fruit	Salad Bar Home Baked Breads (G, SO) Fresh Fruit	Salad Bar Home Baked Breads (G, SO) Fresh Fruit	Salad Bar Home Baked Breads (G, SO) 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

\* = May Contain

St Gilda's / SPIC

Info@olivedining.co.uk

