

# [WEEKLY MENU]



Week 1

Weeks Commencing: Mon 29th Aug - Mon 19th Sept - Mon 10th Oct - Mon 7th Nov - Mon 28th Nov



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Chicken Goujons with BBQ Sauce (G, SO)	Pepperoni Pizza (G, MK)	Roast Turkey, Stuffing & Roast Gravy (G)	Jerk Chicken Burrito (CE, G)	Breaded Baked Fish with Tomato Ketchup (F, G)
Vegetarian Dish of the Day	Roasted Root Vegetable Pasta Bake (CE, G, MK)	Veggie Supreme Pizza (G, MK)	Vegetable & Chickpea Loaf (CE, G, SO)	Vegetable & Bean Chilli Burrito (CE, G, MU)	Vegetable Calzone (G, MK)
Fish Dish of the Day	Fish Burger (F, G, SE*)	Seafood Spaghetti (CE, F, G)	Seafood Noodles (CE, E, F, G, MU*, SO)	Seafood & Dill Pasta Bake (CE, F, G, MK)	Chefs Special
Vegetable Choice	Herby Diced Potatoes Sweetcorn Peas	Seasoned Wedges Baked Beans Salad	Baby Roast Potatoes Medley of Seasonal Vegetables	Golden Vegetable Rice (CE) Carrots Broccoli	Chips Baked Beans Peas
Dessert of the Day	Apple Flapjack (G)	Chocolate & Orange Sponge with Chocolate Custard (E, G, MK)	American Waffle with Caramel Sauce (E, G, MK, SO)	Lemon Drizzle Cake with Lemon Sauce (E, G, MK, SU)	Winter Berry Cheesecake (E*, G, MK, SO*)
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 Gildas/St Peters

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