

[WEEKLY MENU]



Week 3

Weeks Commencing: Mon 12th Sept - Mon 3rd Oct - Mon 31st Oct - Mon 21st Nov - Mon 12th Dec



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	African Beef Stew (G, SO, SU)	Chicken Burger (G, SE*)	Roast Beef, Yorkshire Pudding & Roast Gravy (E, G, MK)	Chinese Chicken Noodles (CE, E, G, MU*, SO)	Battered Baked Fish & Tomato Ketchup (F, G)
Vegetarian Dish of the Day	African Vegetable Stew (CE, G*)	Vegetable Burger in a Bun (G, SE*)	Lentil & Spinach Strudel with Tomato Sauce (CE, G)	Hoi Sin Vegetable Noodles (CE, E, G, MU*, SO)	Slow Roasted Tomato & Cheese Pasta (CE, G, MK)
Fish Dish of the Day	Fish Biryani (CE, F, G*)	Fish Finger Sandwich (F, G)	Cajun Fish Wrap (CE, F, G, MU)	Seafood Noodles (CE, E, F, G, MU*, SO)	Chef's Special
Vegetable Choice	Jollof Rice (CE) Roasted Vegetable Medley	Homemade Wedges Sweetcorn Baked Beans	Baby Roast Potatoes Savoy Cabbage Cauliflower	Steamed Rice Sweetcorn Broccoli	Chips Baked Beans Peas
Dessert of the Day	Chocolate & Beetroot Brownie (E, G, MK, SO)	Cherry Tray Bake with Whipped Cream (E, G, MK)	Winter Fruit Crumble & Custard (G, MK)	Jam & Coconut Sponge (E, G, MK, SU)	Strawberry Mousse with Choc Chip Cookie (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

St Gildas/St Peters

Info@olivedining.co.uk

