

HELMORE RESTAURANT
Week Commencing 30th April 2012

**** All dishes subject to availability**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup 1	Butternut Squash- VV	Leek and Potato - VV	Farmhouse Vegetable- VV	Cream of Tomato- V	Soup of the day -
Soup 2	Tomato & Red Bean - V	Cream of Cauliflower VV	Tomato and Chilli- V	Scotch Broth- VV	Soup of the day -
		ROAST OF THE DAY	SPICE N NICE	International Lunch	
Main 1	Stir Fry Chicken with Noodles <small>(H will be available)</small>	Roast Belly of Pork with Apple Sauce	Lamb Balti with Naan & Rice <small>(H will be available)</small>	Italian Chicken with Cous Cous <small>(H will be available)</small>	Fried/Poached Fish of the Day
Main 2	Three bean Chilli with Rice- VV	Mushroom Risotto- V	Tarka Dhaal with Onion Bhaji and Rice V	Grilled Salmon Steak with dill sauce	Spinach and Ricotta Cannelloni - V
Pizza of Day	Ham & Pineapple Pizza	Jalapeno and Olive Pizza V	Mushroom Pizza - V	Margarita Pizza- V	Feta and Basil Pizza V
Snack	Spicy Bean Burger in a Bun- V	Chicken Burger in a Bap	Shepherd's Pasty with Chips & Beans	Spicy Bean Burger in a Bun - V	Garlic Breaded Mushrooms - V
Sides	Chips/ Jackets	Chips/ Jackets	Chips/ Jackets	Chips/ Jackets	Chips/ Jackets
Sides	Wedge Potatoes	Roast Potatoes	Curly Fries	Mash Potatoes	
	Sweetcorn	Cabbage	Leeks	Mixed Vegetables	Peas
	Green Beans	Broccoli	Sweetcorn	Carrots	Baked Beans
Sweet	Treacle Sponge & Custard	Chocolate Cake with cream	Bakewell Tart	Apple Pie	Dessert of day

Where appropriate we will always try and use seasonal vegetables

The oil used for chipped potatoes may have previously been used for non-vegetarian products

V = Vegetarian

VV = Vegan

H = Halal

Could contain high amounts of fat

Has reduced fat, salt or sugar

Could contain a small amount of fat, salt or sugar