





HELMORE RESTAURANT
Week Commencing 20th November 2017

**** All dishes subject to availability**

For allergy information, please check with a member of the Catering Team

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup 1	Carrot & coriander V, VV, GF	French onion V, VV	Cream of asparagus V, GF	Mixed lentil V, VV, GF	Vegetable V, VV, GF
Soup 2	Soup of the Day				
Main 1	Baked chicken supreme in a sweet tamarind sauce with tagliatelle	Beef bourgignon served with a herby dumpling <small>chunks of beef with mushroom, onions & bacon in a red wine gravy</small>	Chicken jalfrezi with rice & naan bread <small>Diced chicken in a spicy tomato & coconut sauce</small>  	Pork schnitzel with lemon oil served with egg noodles <small>Breaded pork escalopes baked in lemon oil</small>	Battered/poached fish with lemon & tartar sauce
Main 2 - Vegetarian	Mild Spicy Katsu vegetable curry with brown & white Rice V, VV 	Tofu with vegetables in a black bean sauce with vermicelli noodles V, VV	Mushroom & asparagus quiche & side salad V	Vegetable & mixed bean sweet chilli with brown & white rice V, VV, GF 	Quinoa vegetable corn chowder served with rice V, VV, GF
Light Dish	Crispy crumb turkey burger in a multi seeded bagel with a salad garnish	Crispy potato skins with a sour cream dip & salad garnish V	Mesquite Chicken wings and side salad	Cod fishcakes with lemon & tartar sauce	Onion bhajis with mango chutney & a salad garnish V
Hot Snack	Hot pastry selection				
Vegetables	Daily selection of potatoes & vegetables				
Potatoes	Jacket potatoes with various cold/hot fillings				
Potatoes	Chipped				
Sweet	Citrus sponge with sauce	Berry and apple crumble and custard	Date bread & butter pudding with toffee sauce	Lemon meringue pie	Chocolate cinnamon cake

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

We use only free range eggs in all our dishes – Most of our meat is Red Tractor Assured - MSC Fish is used wherever possible

We favour the use of seasonal fruit and vegetables for the meals we provide. Salt is not used in the preparation of any homemade dishes

V = Vegetarian

VV = Vegan

GF = Gluten free

Could Contain High Amounts Of Fat

Has Reduced Fat, Salt Or Sugar

Could Contain A Small Amount Of Fat, Salt Or Sugar