

HELMORE RESTAURANT
Week Commencing 25th September 2017

**** All dishes subject to availability**

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

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup 1	Minestrone V	Leek & potato V, VV, GF	Cream of cauliflower V, GF	Scotch broth V, VV	Vegetable V, VV
Soup 2	Soup of the Day				
Main 1	Beef & mushroom stroganoff served with pappardelle pasta Strips of beef with mushrooms & onions and cooked in a mixed herb & sour cream sauce	Stir fried pangang pork on a bed of udon noodles Strips of pork mixed with vegetables and cooked in a spicy ginger sauce	Roast chicken with sage & onion stuffing & gravy Chicken marinated with herb & lemon oil roasted with sage & onion dumpling balls	Beef lasagne & garlic bread Beef bolognaise layered between sheets of pasta and covered in béchamel sauce	Battered/poached fish with lemon & tartar sauce Fresh fish coated in a light fluffy batter and deep fried
Main 2 - Vegetarian	Piri piri vegetable stir fry with vermicelli noodles Vegetables cooked in a hot red pepper sauce V, VV	Roasted mixed pepper quiche & Side Salad Mixed peppers in a pastry case baked in creamy milk & egg sauce V	Kale, spinach & mushrooms on a polenta bed V, VV, GF	Four Cheese Ravioli Pockets of pasta stuffed with a variety of cheeses and served in a rich tomato sauce V,	Quinoa stuffed butternut squash Quinoa mixed peppers stuffed into butternut squash & baked in the oven V, VV, GF
Light Dish	Buttermilk chicken fillet in a brioche bun with a salad garnish	Quorn Vegan Nuggets with Salad garnish VV	2 Jumbo fish fingers with lemon & tartare	Garlic & cheese baguette with a salad garnish V	Golden breaded chicken grill with a salad garnish
Hot Snack	Hot pastry selection				
Vegetables	Daily selection of potatoes and vegetables				
Potatoes	Jacket potatoes with various cold/hot fillings				
Potatoes	Chipped				
	Salad bar				
Sweet	Chocolate sponge & chocolate sauce	Upside down cranberry cake	Fruit pie & custard	Treacle tart and cream	Apple crumble & custard

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