

**HELMORE RESTAURANT**  
**Week Commencing 15<sup>th</sup> January 2018**

**\*\* All dishes subject to availability**

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main 1	Chicken & bacon carbonara	Beef & mushroom stroganoff served with pasta	Lamb tandoori & rice with naan bread	Stir fry pork in a black bean sauce with noodles	Battered/Poached fish with lemon & tartare sauce
Main 2	Pasta pockets stuffed with forest mushrooms and mezzaluna truffle <b>V</b>	Vegetable & mixed bean sweet chilli with brown & white rice <b>V, VV, GF</b>	Brie & cherry tomato quiche with a salad garnish <b>V</b>	Sweet potato, spinach & lentil dhal with a naan bread and rice <b>V, VV, GF</b>	Pasta bake <b>V</b>
Potatoes	Jackets				
Potatoes	Chipped				
Potatoes	Potatoes of the Day				
Vegetables	Vegetables of the Day				

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