

RIVERMEAD RESTAURANT
Weeks commencing 19th February 2018

**** All dishes subject to availability**

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

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Tomato & basil V VV, GF	Lentil V VV, GF	Spiced roasted pumpkin V, VV, GF	Leek & potato V VV, GF	Chunky root vegetable V VV, GF
Libero Theatre Cooking Bar Omelette, Stir fry's, Hot sweet					
		Pie day		Roast Day	
Main Course	Chicken chow mien Vegetable dim sum Duck spring rolls Prawn toast	Beef & roasted mushroom pie Chicken & sweetcorn pie	Soy roasted chicken thighs, hoisin & spring onion sauce with special egg fried rice	Roast loin of pork & Yorkshire pudding Guest roast	Battered fish with lemon Chef's Fish Of The Day
Vegetarian	Chunky sweet & sour vegetables with rice V, VV	Leek, potato & cheese pie V	Vegetable & bean pie topped with cheesy mash V	Parsnip & sweet potato gratin with Chef's salad VV	Quorn korma curry & rice V GF
Snack Bar					
Hot Sandwich	Chinese BBQ pork Stir fry vegetable wrap	Southern fried chicken strips, green salad, salsa and mayo	Pulled beef & mushrooms with wholegrain mustard & honey	Fish finger doorstep sandwich, with green salad tartare or tomato sauce	Hot dog & onions
Quiche/Pie	Mince & onion pie	Homemade quiche	Steak & onion pie	Homemade quiche	Chicken & mushroom pie
Sides	Egg fried rice, Plain rice, Chips	Spring onion mash New potatoes	Egg fried rice Mashed potato	Roast potatoes Mashed potato	New potatoes Chips
	Baby corn VV Green beans VV	Savoy cabbage VV Mixed veg VV	Broccoli VV Sweetcorn VV	Carrots VV Green beans VV	Peas VV Mushy peas VV

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.

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

Jerk Station will be here every Tuesday & Thursday (weather permitting) outside the main reception of LAB serving quality African & Caribbean food – visit www.jerk-station.co.uk