

HELMORE RESTAURANT
Week Commencing 28th May 2018

**** All dishes subject to availability**

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

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Soup of the Day				
Main 1	CLOSED BANK HOLIDAY	Hunters chicken & rice	Pork escalope in a lemon & garlic marinade & noodles	Beef chilli & rice	Battered or breaded/poached fish with lemon & tartars sauce
Main 2		Spinach, chickpea & sweet potato jalfrezi & rice V , Vgn	Mixed roasted peppers quiche V	Spicy Moroccan chickpea stew & cous cous V , Vgn , GF	Cannelloni verdi V
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

Vgn = 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