

HELMORE RESTAURANT
Week commencing 10th December 2018

**** 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	Cream of cauliflower V, GF	Leek & potato V, Vgn, GF	Scotch broth V, Vgn	Vegetable V, Vgn
Main 1	Turkey strips in a chipotle sauce served with rice	Stir fry hoi sin pork & egg noodles	Chilli corn carne with rice	Lemon and thyme roasted chicken with roast potatoes GF	Battered/poached fish with lemon & tartar sauce Fresh fish coated in a light fluffy batter and deep fried
Main 2 - Vegetarian	Sweet potato & aubergine curry V,GF,Vgn	Mixed pepper pasta in a red pesto sauce	Cauliflower, Broccoli and Potato Pie V, Vgn	Lentil & coconut dhal V,GF,Vgn	Pasta & courgette bake V
Light Dish	Beef & vegetable pancake roll with a salad garnish	Salmon fish cakes with lemon & tartare sauce	Nachos served with Grated cheese and Salsa	Quorn southern fried bites with a salad garnish V	Lamb samosas with a salad garnish
Hot Snack	Beef Burger Crispy Crumb Vegetable Burger BBQ Chicken Panini Mozzarella and Tomato Ciabatta Hot Dogs	Chicken Burger Spicy Bean Burger Pepperoni Wrap Margherita Panini Hot Dogs	Fish Burger Butternut Squash & Quinoa Burger New York Deli Ciabatta Cheese and Tomato Toastie Hot Dogs	Breaded Turkey Burger Falafel and Spinach Burger Hawaiian Pizza Croque Bean Burrito Hot Dogs	Beef Burger Southern Style Quorn Burger Pulled Pork Burrito Margherita Wrap Hot Dogs
Vegetables	Daily selection of potatoes and vegetables				
Potatoes	Jacket potatoes with various cold/hot fillings				
Potatoes	Chipped				
	Salad bar				
Sweet	Chocolate sponge & chocolate sauce	Fruit pie & custard	Ginger cake	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

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