

RIVERMEAD 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	Chunky tomato & VV, GF	Hot & sour vegetable VV, GF	Roasted carrot, ginger & coriander VV, GF	Beetroot – VV, GF	Vegetable & lentil VV, GF
Libero Theatre Cooking Bar Omelettes, Stir-fry, Hot Sweets					
			NOODLE DAY		
Main Course	Nigerian beef stew served with cauliflower rice GF	Pork & chorizo sausage toad with roasted onions	Sweet chilli chicken with lemon grass & spring onion broth OR Thai spiced fish with lemon grass & spring onion broth	Shepherd's pie with roasted root vegetables & rosemary mash GF	Battered fish with lemon Chef's Fish of the Day
Vegetarian	Roasted squash with falafel, bell pepper sauce & toasted pine nuts VV, GF	Creamy vegan mushroom fettuccine alfredo VV	Soy roasted mushrooms stir-fry vegetables V , VV available on request GF with rice	Spinach & ricotta lasagne V	Cashew vegetable biriyani VV, GF
Snack Bar					
Hot Sandwich	Haloumi & roasted vegetables V VV Available on request	Fish finger lettuce & tartar or tomato sauce	Honey & mustard roasted gammon with special coleslaw	Glazed pork belly & hot slaw	Southern fried chicken, salsa, mayo & green salad
Quiche/Pie	Steak & kidney	Homemade quiche	Mince & onion pie	Homemade quiche	Steak & onion pie
Sides	Potato wedges	Mash potato	New potatoes	Potato wedges	New potatoes
			Vegetable rice		
	Chips	Chips	Chips	Chips	Chips
	Green beans VV	Mixed vegetables VV	Green beans VV	Sweetcorn VV	Peas VV
	Sweetcorn VV	Broccoli VV	Stir-fry veg VV	Cauliflower 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