



Asian Vegetarian Menu - 2015



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1 (V)	Mixed Dhal Curry (G) Rice & Chapatti (G)	Chick Pea & Potato Curry (G) Rice & Naan (G,E,ML)	Arad Bean Curry (G) Rice & Chapatti (G)	Paneer & Sweetcorn Curry (G,ML) Rice & Chapatti (G)	Toover Dhal (G) Rice & Naan (G,E,ML)
OPTION 2 (V)	Vegemince Bolognaise (G)	Quorn Sausage (G,E,ML)	Cheese Flan (G,ML)	Quorn Fillet (G,E,ML)	Vegetable Biryani (ML)
OPTION 3 (V)	Vegetable Bake (G,ML)	Macaroni Cheese (G,ML)	Quorn Fricasse (G,E,ML)	Spicy Vegetable Enchilada (G)	Vegetable Burger (G)
OPTION 1	Lamb Bolognaise (G)	Pork Sausages (G)	Chicken Fricasse (G,ML)	Sliced Roast Pork	Breaded Cod Fish Fingers (G)
SIDES	Pasta Twists (G) Malted Baguette (G) ~ Garden Peas Baton Carrots Mixed Salad	Creamed Potatoes (ML) Jacket Potato ~ Baked Beans Mixed Vegetables Mixed Salad	Boiled Potatoes Steamed Rice ~ Broccoli Florets Sweetcorn Mixed Salad	Roast Potatoes Jacket Potato ~ Shredded Cabbage Sliced Carrots Mixed Salad	Chips Naan Bread (G,E,ML) ~ Garden Peas Sweetcorn Mixed Salad
ACCOMPANIMENTS		Tomato Sauce	Tomato Sauce	Sage & Onion Stuffing (G) Gravy (G,ML)	Tomato Sauce Vinegar (G)
DESSERT	Coconut Cookie (G,ML) Plain Muffin (G,E,ML)	Chocolate Biscuit (G,ML) Strawberry Eton Mess (ML,E)	Iced Fruit Sponge (G,ML) Fruit Salad	Plum Crumble & Custard (G,ML) Cherry Shortbread (G,ML)	Apple Pie & Custard (G,ML) Chocolate Krispies (G,ML)
BREAD	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)
MILK – FRUIT – YOGURT AVAILABLE DAILY					
Week Commencing: 2nd November, 30th November, 11th January, 8th February					

G – Gluten ML = Milk/Lactose E = Eggs
For all other allergens please ask a member of catering staff

V = Vegetarian



Asian Vegetarian Menu - 2015



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Kidney Bean & Sweetcorn Curry (G) Rice & Chapatti (G)	Kichadi & Kadhi Potato Curry (G,ML) & Naan (G,E,ML)	Moong Bean Curry (G) Rice & Chapatti (G)	Toover Dhal (G) Rice & Naan (G,E,ML)	Mixed Bean Curry (G) Rice & Chapatti (G)
OPTION 2	Cheese & Potato Pie (ML)	Cheese & Tomato Pizza (G,ML)	Quorn Fillet (G,E,ML)	Quorn Sausage Pasta Bake (G,E,ML)	Vegetable Rogan Josh (ML)
OPTION 1 (V)	Sticky Spicy Vegetables	Quorn Meatballs in Tomato Sauce (G,E,ML)	Cheese & Onion Fritter (G,ML)	Vegetable Jalousie (G)	Cheese & Onion Quesadilla (G,ML)
OPTION 2 (V)	Sticky Spicy Chicken	Cheese & Tomato Pizza (G,ML)	Roast Chicken Breast (G,E,ML)	Sausage Pasta Bake (G)	Cod Fishcake (G,ML)
SIDES	Noodles (G,E) Malted Baguette (G) ~ Baked Beans Broccoli Florets Mixed Salad	Brown & White Rice Jacket Potato ~ Sweetcorn Mixed Vegetables Mixed Salad	Roast Potatoes Tomato Pasta (G) ~ Brussel Sprouts Baton Carrots Mixed Salad	Garlic Dough Balls (G) Creamed Potatoes (ML) ~ Garden Peas Cauliflower Au Gratin (ML) Mixed Salad	Chips Steamed Rice ~ Green Beans Baked Beans Mixed Salad
ACCOMPANIMENTS	Tomato Sauce	Tomato Sauce	Gravy (G,ML) Stuffing (G) Tomato Sauce	Gravy (G,ML)	Tomato Sauce Vinegar (G)
DESSERTS	Ginger Biscuit (G,ML) Iced Bun (G)	Iced Cupcake (G,ML) Bananas or Peaches in Custard (ML)	Chocolate Tart (G,ML) Oat & Raisin Biscuit (G,ML)	Eves Pudding & Custard (G,ML) Rice Krispie Cookie (G,ML)	Ice Cream (ML) Melting Moment (ML)
BREAD	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)
MILK – FRUIT – YOGURT AVAILABLE DAILY					
Week Commencing: 9th November, 7th December, 18th January					

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Black Eyed Bean Curry (G) Rice & Naan (G,E,ML)	Chick Pea Curry (G) Rice & Chapatti (G)	Khichadi & Kadhi Potato Curry (G,ML) & Chapatti (G)	Toover Dhal (G) Rice & Naan (G,E,ML)	Moong Bean Curry (G) Rice & Chapatti (G)
OPTION 2	Vegetable Lasagne (G,ML)	Quorn Quesadilla (G,E,ML)	Quorn Fillet cooked in Onion Gravy (G,E,ML)	Cheese Flan (G,ML)	Quorn Burger (G,E,ML)
OPTION 1 (V)	Loaded Jacket Potato (E)(Cheese & Sweetcorn)	Cheese & Vegetable Pie (G,ML)	Breaded Vegetable Nuggets (G)	Vegetable Jambalaya	Cheesy Leek & Pea Pasta (G,ML)
OPTION 2 (V)	Lamb Lasagne (G,ML)	Short Crust Topped Chicken Pie (G,ML)	Bread Salmon Fillet (G)	Chicken Jambalaya	Battered Pollock Goujons (G,ML)
SIDES	Garlic Bread (G) Malted Baguette (G) ~ Sweetcorn Garden Peas Mixed Salad	Creamed Potatoes (ML) Jacket Potato ~ Broccoli Florets Baton Carrots Mixed Salad	Spicy Rice Boiled Potatoes ~ Shredded Cabbage Sweetcorn Mixed Salad	Jacket Potato Pitta Bread (G) ~ Baked Beans Garden Peas Mixed Salad	Chips Bread Bun (G) ~ Mixed Vegetables Mushy Peas Mixed Salad
ACCOMPANIMENTS		Gravy (G,ML)	Gravy (G,ML) Tomato Sauce	Tomato Sauce	Tomato Sauce Vinegar (G)
DESSERT	Ice Cream (ML) Cinnamon & Orange Biscuit (G,ML)	Rice Pudding with Fruit Compote (ML) Iced Chocolate Sponge (G,ML)	Pineapple Upside Down Pudding & Custard (G,ML) Choc & Cherry Biscuit (G,ML)	Flapjack (G,ML) Butterscotch Biscuit (G,ML)	Mousse (ML) Shortbread (G,ML)
BREAD	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)
MILK – FRUIT – YOGURT AVAILABLE DAILY					
Week Commencing: 16th November, 14th December, 25th January					

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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Paneer & Sweetcorn Curry (G,ML) Rice & Chapatti (G)	Chick Pea & Potato Curry (G) Rice & Naan (G,E,ML)	Yellow Moong Curry (G) Rice & Chapatti (G)	Kidney Bean & Sweetcorn Curry (G) Rice & Naan (G,E,ML)	Sprouting Moong Bean & Math Curry (G) Rice & Chapatti (G)
OPTION 2	Roasted Vegetable Plait	Savoury Vegemince (G,ML)	Quorn Fillet (G,E,ML)	Cheese & Tomato Pizza (G,ML)	Cheese & Vegetable Bake (G,ML)
OPTION 1 (V)	Quorn Meatballs in Pepper Sauce	Vegetable Pasta Bake (G,ML)	Vegetable Curry	Vegetable Moussaka (G,ML)	Quorn Louisiana (G,ML)
OPTION (V)	Cheese, Bacon & Tomato Plait (G,ML)	Tuna Pasta (G,ML)	Sliced Gammon	Cheese & Tomato Pizza (G,ML)	Battered Cod (G)
SIDES	Noodles (G,E) Creamed Potatoes (ML) ~ Garden Peas Baton Carrots Mixed Salad	Tiddy Yorkshire Puds (G,ML) Malted Baguette (G) ~ Broccoli Florets Sweetcorn Mixed Salad	Boiled Potatoes Steamed Rice ~ Green Beans Mixed Vegetables Mixed Salad	Jacket Potato Crusty Bread (G,ML) ~ Baked Beans Sweetcorn Mixed Salad	Chips Tortilla (G) Garden Peas Sliced Carrot Mixed Salad
ACCOMPANIMENTS	Tomato Sauce		Pineapple Gravy (G,ML)		Tomato Sauce Vinegar
DESSERTS	Rhubarb Crumble & Custard (G,ML) Choc Chip Cookie (G,ML)	Auntie Dots Biscuit (G,ML) Iced Marble Sponge (G,ML)	Cornflake Tart & Custard (G,ML,E) Plain Muffin (G,ML)	Fruit Medley Choc & Cherry Tray Bake (G,ML)	Steamed Toffee Apple Sponge & Custard (G,ML) Ice Cream (ML)
BREAD	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)	White Bread (G,ML)	Brown Bread (G,ML)

MILK – FRUIT – YOGURT AVAILABLE DAILY

Week Commencing: 23rd November, 4th January, 1st February

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