

# Menu December


Monday 02	Free range egg frittata with spinach & cheese (EL)	Tuna Pasta Bake with Vegetable & Tomato Sauce & Grated Fresh Parmesan (FLG)  Veggie Pasta Bake with Tomato Sauce & Grated Fresh Parmesan (LG)	Steame Broccoli  Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils & chickpeas	Yoghurt with fruit coulis (L)  Seasonal hand cut fruit salad
Tuesday 03	Vegetable, thyme, & Leek & Potato Soup (L)	Mince beef fajitas with & without mixed peppers, red & white onion, & sour cream (GL)  Vegetable fajitas with grated cheese & sour cream (GL)	Steamed rice Cajun spiced corn Grated cheddar cheese  Salad bar as above	Seasonal hand cut fruit salad
Wednesday 04	Crudités with homemade beetroot Hummus, tomatoes & peppers	Diced pork and apple stew with onions, lentils & carrots (LC)  Toful stew with apple, lentils and carrots (LC)	Jewelled cous cous with mixed Vegetables & peppers,  Salad Bar as above	Homemade cereal bar (G)  Seasonal hand cut fruit salad
Thursday 05	Tomato & Basil Soup	Grilled Norwegian Salmon with a white creamy dill Sauce on the side (LC)  Grilled Stuffed Courgettes with Chickpeas & Lentils, and creamy dill sauce	Boiled potatoes with parsley butter Steamed green beans Salad Bar as above	Choice of yoghurt or jelly & Seasonal hand cut fresh fruit salad
Friday 06		Holiday		

**Allergens key:** L: Lactose F: Fish G: Gluten C: Celery S: Soya ★: Sulphite E: Eggs  
 P: Peanuts M: Mustard ◆: Crustacens N: Treenuts ■: Lupin □: Molluscs S: Sesame

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Monday 09		<b>Holiday</b>		
Tuesday 10	Courgette, onion & Rosemary garlic soup	Marinated grilled chicken with garlic, thyme mushroom, onion, celery, leek sauce on the side (L)  Stuffed peppers with tomato, chickpeas & lentils (c)	Cauliflower with or without cheese (I) Rice Salad bar as above  Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives,	Seasonal hand cut fruit salad
Wednesday 11	Local Spanish tomato, avocado & mozzarella with nut free pesto (L)	Tuscan style baked ground Beef lasagna with eggs, tomatoes, onions, basil & oregano (LGE)  Vegetable lasagna (LGES)	Mixed Mediterranean vegetables  Salad bar as above	Homemade cereal bar (G)  Seasonal hand cut fruit salad
Thursday 12	Lightly spiced lentil soup	Pan-fried garlic & parsley marinated king clip (FG)  Pan-fried garlic & parsley marinated seitan (s)	Potato wedges Broccoli Lemon alioli (L) Salad bar as above	Choice of yoghurt or jelly & Seasonal hand cut fresh fruit salad
Friday 13	Caesar salad with parmesan (on the side)	Chef's choice of Homemade pizza's (GL)	Asian coleslaw (E) Garlic buttered corn On the cob (L) Salad bar as above	Sweet treat!  Seasonal hand cut fruit salad

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<p>Monday 16</p>	<p>Mediterranean 3 beans with chickpea, black and red beans with feta garlic &amp; lemon</p>	<p>Buttered spaghetti served with fresh grated parmesan</p> <p>With a choice of.... Creamy carbonara sauce (GLE) Or Rich tomato &amp; basil sauce (GE)</p>	<p>Fresh garden peas</p> <p>Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils and chickpeas &amp; feta</p>	<p>Yoghurt with fruit coulis (L)</p> <p>Seasonal hand cut fruit salad</p>
<p>Tuesday 17</p>	<p>Cream of vegetable soup with roast carrots, turnips, celery, leek &amp; onion</p>	<p>Thai fishcakes with flaky white fish, onions, lime zest, green beans</p> <p>Sweet potato &amp; lentil cakes with onions, lime zest and green beans</p>	<p>Steamed jasmine rice Steamed broccoli &amp; peas Lemon &amp; alioli</p> <p>Salad bar as above</p>	<p>Seasonal hand cut fruit salad</p>
<p>Wednesday 18</p>	<p>Caesar salad with crisp gem lettuce, fresh grated parmesan &amp; healthy Sana Caesar dressing (LG)</p>	<p>Slow roasted ground beef meatballs with egg, basil, garlic oregano and a rich tomato sauce &amp; fresh basil (C)</p> <p>Homemade falafel with a rich tomato sauce &amp; fresh basil</p>	<p>Creamy mashed potato Steamed flavoured carrots</p> <p>Salad bar as above</p>	<p>Homemade cereal bar (G)</p> <p>Seasonal hand cut fruit salad</p>
<p>Thursday 19</p>	<p>Classic prawn &amp; pineapple cocktail with gem lettuce marie rose sauce</p>	<p><b>MERRY CHRISTMAS!!!</b></p> <p>Traditional Christmas lunch with Roast Turkey and onion &amp; sage stuffing &amp; Gravy (C) Veggie Christmas loaf with stuffing(C)</p>	<p>Roast Potatoes Parsnips Roast Carrots &amp; Peas</p> <p>Salad Bar as above</p>	<p>Profiteroles with cream &amp; chocolate sauce</p>
<p>Friday 20</p>	 	<p><b>Happy holidays!</b></p>	 	

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## Nutritional Information

M	T	W	T	F
<p>02 Protein: 28g Fat: 19g Carbs: 91g Calories: 673</p>	<p>03 Protein: 31g Fat: 29g Carbs: 94g Calories: 740</p>	<p>04 Protein: 32g Fat: 30g Carbs: 101g Calories: 746</p>	<p>05 Protein: 37g Fat: 17g Carbs: 77g Calories: 616</p>	<p>06</p>
<p>09</p>	<p>10 Protein: 35g Fat: 29g Carbs: 62g Calories: 782</p>	<p>11 Protein: 37g Fat: 31g Carbs: 85g Calories: 792</p>	<p>12 Protein: 34g Fat: 33g Carbs: 72g Calories: 776</p>	<p>13 Protein: 29g Fat: 35g Carbs: 94g Calories: 793</p>
<p>16 Protein: 29g Fat: 21g Carbs: 117g Calories: 772</p>	<p>17 Protein: 38g Fat: 28g Carbs: 84g Calories: 670</p>	<p>18 Protein: 36g Fat: 41g Carbs: 123g Calories: 790</p>	<p>19 Protein: 30g Fat: 25g Carbs: 83g Calories: 694</p>	

**Available daily: Unlimited bread & Chef's salad of the day**

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