

# TWEEKLY MENU Week 3



Weeks Commencing: Mon 13th Sept - Mon 4th Oct - Mon 1st Nov - Mon 22th Nov - Mon 13th Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
 Main Dish of the Day	Veggie Supreme Pizza (G, MK)	Caribbean Chicken Curry (CE, G)	Roast Beef, Yorkshire Pudding & Roast Gravy (E, G, MK)	Sweet & Sour Chicken (CE, G)	Baked Battered Fish with Tomato Ketchup (F, G)
Vegetarian Dish of the Day	Roasted Tomato Basil Pasta (CE, G)	Caribbean Vegetable & Quorn Curry (CE, E, G)	Lentil & Spinach Strudel with Tomato Sauce (CE, G)	Hoi Sin Stir-Fry Vegetables (CE, G, MJ, SO)	Cheesy Pasta Bake (CE, G, MK)
Vegetable Choice	Penne Pasta (G) Carrot Peas	Rice (CE) & Peas Green Beans & Carrots	Baby Roast Potatoes Savoy Cabbage & Cauliflower	Steamed Rice (CE) Sweetcorn & Broccoli	Chipped Potatoes Baked Beans Seasonal Vegetables
Dessert of the Day	Belgian Waffles with Hot Chocolate Sauce (E, G, MK, SO) Fresh Fruit Salad	Cherry Tray Bake & Whipped Cream (E, G, MK) Fresh Fruit Salad	Apple Fruits of the Crumble & Custard (G, MK) Fresh Fruit Salad	Orange & Cranberry Sponge with Vanilla Sauce (E, G, MK) Fresh Fruit Salad	Banana Mousse with Chocolate Chip Cookie (E, G, MK, SO)
Jacket Potato Bar	See Board for Details	See Board for Details	See Board for Details	See Board for Details	See Board for Details
Cold Selection	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit	Help Yourself Salad Bar Home Baked Breads (G) Fresh Fruit

Allergens:

CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MJ = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds

Hayes

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