	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST							
			Freshly baked pain au chocolate	Sweet Beligim waffles and syrup		Hot sweet porridge	
HOT BREAKFAST ITEMS	Hash Browns, Free range scrambled eggs, beans	Bacon, Free range scrambled eggs, beans	Sauteed Mushrooms, Free range scrambled eggs, beans	Grilled Bacon, Free range scrambled eggs, beans	Grilled Pork Sausage, Free range scrambled eggs, beans	Free range scrambled eggs, beans	Grilled Bacon, Free range scrambled eggs, beans
Fresh Toast & Preserves, Assorted Cereals with chilled semi skimmed milk, A Selection of Seasonal Fresh Fruit OR Fruit and Yoghurts							
LUNCH							
MAIN ONE	Chicken drumsticks marinated and cooked in a sticky honey sauce	JA(KET PoTATo BAR with your choice of freshly prepared fillings: BBQ Chicken Tuna Mayonnaise Baked Beans Mature Cheddar Roasted Veg in tomato and basil sauce (v) Vegan	PASTA BAR with your choice of freshly prepared sauces: Beef Bolognaise Roast tomato sauce (v) Vegan Carbanora	(oNDoVER Ho4 RoAST Slow roast Pork shoulder with Sage and Onion Stuffing and Apple Sauce in a Floured Bap	ዞ ୦୮ ኦ୦५ያ with a selection of toppings	JA(KET PoTATo BAR with your choice of freshly prepared fillings: Tuna mayo, Chickpea curry, beef chilli, baked beans, bbq jackfruit, Vegan bolognaise, grated mature cheddar cheese	Glazed Gammon with New Potatoes, seasonal veg, Yorkshire Puddings and Gravy
MAIN TWO		Sausage roll with croquet potatoes and beans	Roasted on the bone Piri-Piri chicken thigh	Crispy chicken nuggets	Battered cod bites		
VEGETARIAN MAIN	Mixed Bean Chilli		Piri Piri cauliflower Steak	BBQ pulled Jackfruit	tempura Battered Courgette and peppers	Nachos with zingy salsa, guacamole and sour cream	Roasted Butternut squash with New Potatoes, seasonal veg, Yorkshire Puddings and vegetarian Gravy
SIDES	Potato Wedges, Jewelled Rice, sweetcorn		New potatoes and corn on the cob	French fries Steamed Carrots and Green beans	French fries and steamed veg		
Freshly Made Seasonal Salad Bar A Selection of Seasonal Fresh Fruit for Dessert							
DINNER							
Chefs soup of the day & Freshly Made Seasonal Salad Bar							
MAIN ONE	Chicken Tikka Masala	6oz Burger with the option of cheese, sliced red onion and sliced gherkins	Maynard's of Shropshire (A Rick Stein Food Hero) Sausage with Onion Gravy, Mash potato & Yorkshire Pudding	Souvlaki Chicken with Flatbread and Tzatziki	Chinese Chicken Curry with Rice or Chips	BBQ Pulled pork served in a roll	Beef Lasagne with garlic bread
MAIN TWO	Italian Style Beef Bolognaise, with Penne Pasta	Sweet and Sour Chicken with Egg Noodles and Spring Onion	Fish Fingers and Mash	Three Cheese and Tomato Pizza (V)	Battered Fish and Chips with Garden Peas	Macaroni Cheese	Breaded Scampi
VEGETARIAN MAIN	Penne Pasta with Sun Blushed Tomato, Roasted Red Peppers and Mediterranean Herbs Vegan	Vegan quarter pounder Burger	Vegan sausages	Beetroot and Chickpea Falafel with Flatbread	Vegetable Curry with Rice or Chips (V) Vegan	Cheese and Tomato Pizza (v) (Vegan Option Available)	Vegetarian Pasta Bake (v) (Vegan Option Available)
SIDES	Garlic Bread & Steamed Rice	Fries	Garden Peas	Mini Corn on the Cob, Potato Wedges	Steamed Rice, Chips and Garden Peas	Potato Wedges & Medley of Steamed Vegetables	Beefeater Chips
DESSERT	Chocolate & Oreo Sponge Cake with Cream	Jam Doughnuts and Yum Yums	Chocolate Ice Cream Pot with Raspberry Sauce	Mango and toasted coconut cheescake	Homemade eaton mess	Vanilla sponge topped with salted caramel	Butterscotch Angel delight

Condover Weekly Menu 2022