

# St Gabriel's

## MENU - Week 3

NEWBURY

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|--|---|--|---|
| Chilli con carne<br>Vegetarian chilli<br>Mixed bean rice<br>Cajun wedges<br>Broccoli florets<br>Sweetcorn | Chicken korma<br>Vegetable balti<br>Aloo gobi<br>Mushroom rice<br>Lentil dhal<br>Garden peas | Michelle's sausage slice<br>Vegetarian filled<br>croissant<br>Herby diced potatoes<br>Sliced new potatoes | Themed lunch<br>Cycle 1 Caribbean<br>Cycle 2 Spanish<br>Cycle 3 Italian                          | Oven baked cod<br>Breaded scampi<br>Eggs florentine<br>Fired potatoes<br>New potatoes<br>Baked beans<br>ratatouille |
| Baked potatoes<br>Tuna and red onion<br>All day breakfast<br>Cheese                                       | Frittata counter<br>Bacon and tomato<br>or<br>Spinach & feta                                 | Pasta counter<br>Carbonara<br>Tomato & basil  | Deli bar<br>Hot roast turkey<br>Hot quorn roast<br>Stuffing<br>Cranberry sauce<br>Chef made soup | Tom Kerridge's<br>Chicken and pearl<br>barley one pot   |
| Chocolate and<br>ginger sponge  | Plum crumble   | Treacle and cornflake<br>tart   | Themed pudding   | Banana Cake   |

We offer an extensive variety of speciality salad dishes, for example: Chicken Caesar, Tuna Nicoise, Sun-dried tomato and feta, Chickpea salad, Roasted Vegetables and many more. Accompanied daily by a wide selection of side salads, fruit options and cold desserts.