



**Pennthorpe
Week 3**



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main course	Cumberland sausage with onion gravy	BBQ chicken	Roast turkey with sage and onion stuffing balls and gravy	Thai style chicken green curry	Battered fish of the day Fish Fingers
Vegetarian	Vegetarian sausages with onion gravy	Quorn, leek, and sweetcorn pie	Stuffed peppers with a cherry tomato sauce 	Vegetarian style green curry	Moroccan style stuffed giant mushrooms
On the side	Creamed potatoes Braised red cabbage Peas	New boiled parsley potatoes Green beans Sweet corn	Thyme roast potatoes Sauté mange tout Chunky roast root vegetables	Scented rice Thai style noodles Thai style crackers	French fries Minted peas Baked beans
Jacket Potato or Pasta/Noodle Bar	Jacket potato Baked beans Grated cheese	Spaghetti pasta tomato and tuna sauce	Vegetarian BBQ egg noodles	Jacket potato Baked beans Grated cheese	Penne pasta Carbonaro
Dessert of the day	Orange sponge cake with cream Banana mousse	Chocolate & beetroot cake with cream Strawberry jelly	Chocolate sponge & chocolate sauce  Strawberry mousse	Jam tart with cream Orange Jelly	Creamed rice pudding with fruit coulis Caramel mousse
		A reduced salad bar will be served daily with fresh fruit and yoghurt pots	If you have any dietary requirements or questions about the menu please ask		