

# [WEEKLY MENU]

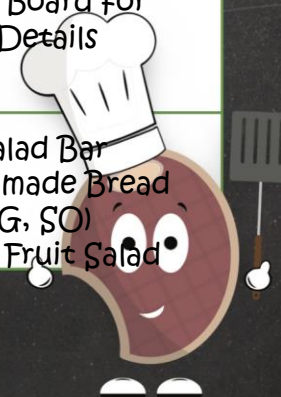


Week 3

Weeks Commencing: Mon 17th January - Monday 7th February - Monday 7th March - Monday 28th March



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Chickpea & Vegetable Stew (CE)	Cheese-Less Veggie Supreme Pizza (G)	Lentil & Spinach Strudel & Tomato Sauce (CE, G)	Vegetable Bolognese (CE, G)	Tomato, Basil & Sweet Pepper Pasta (CE, G)
Vegetarian Dish of the Day					
Vegetable Choice	Steamed Rice Green Beans Sweetcorn	Seasoned Wedges Medley of Vegetables	Baby Roast Potatoes Sautéed Cabbage Cauliflower	Pasta (G) Broccoli & Carrots	Pasta (G) Seasonal Vegetables
Dessert of the Day	Fresh Fruit Salad	Sticky Peaches (SU)	Fruity Jelly	Fresh Fruit Salad	Peach & Ginger Crumble (G)
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	Salad Bar Home made Bread (G, SO) Fresh Fruit Salad	Salad Bar Home made Bread (G, SO) Fresh Fruit Salad	Salad Bar Home made Bread (G, SO) Fresh Fruit Salad	Salad Bar Home made Bread (G, SO) Fresh Fruit Salad	Salad Bar Home made Bread (G, SO) Fresh Fruit Salad



Allergens:

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

NEWHAM

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