



ST HELEN
and
ST KATHARINE

DAILY MENU

Monday, 21st January

Sweet bell pepper soup (V)

Italian meatballs in tomato sauce

Pasta bar (V)

Roast winter veg & potato gnocchi (V)

Beef stroganoff

Cod, chorizo & white bean stew

Parsley / Jacket Potatoes (V)

Roast carrots (V)

Broccoli florets (V)

Rice pudding with jam



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Tuesday 22nd January

Mushroom soup (V)

Pasta bar (V)

Roast gammon

Vegetarian chilli & rice (V)

Baked aubergines with parmesan (V)

Chicken fricassee

Roast / Jacket Potatoes (V)

Buttered white cabbage (V)

Honey roast parsnips (V)

Chocolate fondant



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Wednesday 23rd January

Leek and Potato Soup (V)

Roast leg of lamb

Pasta alla Bolognese

Mushroom & cheddar quiche (V)

Baked fish, tomato coulis

Broccoli, peas and ricotta frittata (V)

Jacket Potato / Rice (V)

Saute Courgettes (V)

Mashed Swedes & Sweet Potatoes (V)

Apple & Peach Crumble with custard



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Thursday 24th January

Lentil soup (V)

Sausages, red onion gravy

Roast butternut squash lasagne (V)

Steak & kidney pie

Pasta bar (V)

Prawn, coconut & mango curry

Mash / Jacket Potatoes (V)

Saute peppers (V)

French beans (V)

Sticky gingerbread pudding



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Friday 25th January

Roast cauliflower cream (V)

Fish and chips in beer batter

Pasta bar (V)

Lamb korma with pilaw rice

Pea, courgettes & lemon risotto (V)

Braised ox cheeks bourguignon

Jacket Potato/French fries (V)

Garden peas (V)

Baked beans (V)

Pancakes with hot chocolate sauce