



DUNANNIE LUNCH MENU - Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Classic Main	Chilli Con Carne with Homemade Nachos	Crispy Garlic & Herb Chicken Tenders	Roast Beef with Gravy & Yorkshire Puddings	Theme Day	Gluten Free Battered Cod Fillets Sausages
Vegetarian	Vegetable & 5 Bean Chilli	Goats Cheese & Potato Cakes	Pea, Mint & Asparagus Risotto		Vegetable & Herb Friatta
Carbohydrates	Rice & Peas Plain Rice	Herby Diced Potatoes	Roasted Thyme Potatoes		Chips
Vegetable Choice	Sweetcorn & Peppers Green Beans	Broccoli	Glazed Carrots Savoy Cabbage		Baked Beans Garden Peas
Dessert	Sticky Toffee Pudding & Cream	Fruit Salad	Sliced Fruit & Yoghurts		Sliced Fruit & Yoghurts
A SELECTION OF SALADS AT THE SALAD BAR, CUT FRUITS & COLD DESSERTS AVAILABLE DAILY					

SWALLOW SUPPER CLUB - Week One

Classic Main	Honey & Mustard Roasted Gammon	Chicken & Bacon Pasta Bakes	Mixed Grill	Chicken Fajita with Cheesy Nachos	Assorted Pannis
Vegetarian	Mac & Cheese	Garlic & Spinach Stuffed Mushrooms		Re Fried Bean Enchiladas	
Carbohydrates	Chips	Pasta Garlic Bread			Waffle Fries
Vegetable Choice	Corn on Cob Broccoli	Roasted Med Vegetables	Mushrooms Grilled Tomatoes	Corn on Cob	Assorted Salad



DUNANNIE LUNCH MENU - Week Two

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Classic Main	Italian Beef Lasagne with Garlic Bread	Butchers Sausages with Onion Gravy	Dunhurst Southern Fried Chicken	Beef Madras with Sambals	Breaded Fish Fingers Fish Pie
Vegetarian	Gluten Free Vegetable Lasagne	Glamorgan Sausages	Sage & Butternut Tart	Sweet Potato Chickpea Korma	Tempura Vegetables with Soy Chilli Dip
Carbohydrates	Parsley New Potatoes	Creamy Mashed Potatoes	Potato Wedges	Plain Rice Mushroom Pilaf Rice	Chips
Vegetable Choice	Roast Med Vegetables	Broccoli Glazed Carrots	Corn on the Cob	Green Beans Spiced Cauliflower	Baked Beans Mushy Peas
Dessert	Apple Crumble & Custard	Sliced Fruit & Yoghurts	Fruit Salad with Yoghurt	Chocolate Sponge with Cream	Sliced Fruit & Yoghurts
A SELECTION OF SALADS AT THE SALAD BAR, CUT FRUITS & COLD DESSERTS AVAILABLE DAILY					

SWALLOW SUPPER CLUB - Week Two

Classic Main	Hunters Chicken	Penne Pasta Tomato & Basil Sauce Carbonara Sauce	BBQ Pork Ribs	Chicken Kiev	Beef Bolognese
Vegetarian	Hunters Quorn Sausage	Pesto Ravioli	Three Cheese Mac Cheese	Mushroom Kiev	Quorn Bolognese
Carbohydrates	Statue Potatoes		Sweet Potato Wedges	Roasted New Potatoes	Spaghetti
Vegetable Choice	Green Beans	Sweetcorn & Roasted Peppers	Coleslaw Green Salad	Honeyed Carrots Garden Peas	Broccoli



DUNANNIE LUNCH MENU - Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homemade Soup	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
Classic Main	Beef & Ale Hotpot	Roast Turkey Crown with Gravy & Cranberry Sauce	Assorted Pizzas	Katsu Chicken	Breaded Cod Salmon Steaks with Pesto Crumb
Vegetarian	Vegetable Cobbler	Feta, Red Onion & Spinach Quiche		Thai Green Vegetable Curry	SweetPepper & Basil Risotto Cakes
Carbohydrates	Parsley New Potatoes	Roasted Thyme Potatoes	Jacket Wedges	Plain Rice	Chips
Vegetable Choice	Roasted Swede & Carrots Green Beans	Broccoli Baton Carrots	Roasted Med Vegetables	Spring Rolls Pak Choi & Baby Corn	Garden Peas Baked Beans
Dessert	Sliced Fruit & Yoghurts	Rice Pudding with Fruit Compote	Sliced Fruit & Yoghurts	Sliced Fruit & Yoghurts	Assorted Ice Creams
A SELECTION OF SALADS AT THE SALAD BAR, CUT FRUITS & COLD DESSERTS AVAILABLE DAILY					

SWALLOW SUPPER CLUB - Week Three

Classic Main	Lamb Kofta with Minted Yoghurt	Herb & Lemon Chicken Breast	Jumbo Fish Finger Wraps	Classic Paella	Meatballs in Tomato & Basil Sauce
Vegetarian	Chickpea & Vegetable Tagine	Mushroom & Quorn Casserole	Fishless Finger Wraps	Vegetable & Quorn Paella	Veggie Meatballs
Carbohydrates	Cous Cous	Boulangère Potatoes	Chunky Chips	Olive & Onion Focaccia	Penne Pasta
Vegetable Choice	Roasted Vegetables	Green Beans Baby Corn	Peas & Sweetcorn	Roasted Plum Tomatoes	Roasted Thyme Courgettes