



**DUNANNIE LUNCH MENU - Week One**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Homemade Soup</b>	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day	Soup of the Day
<b>Classic Main</b>	Creamy Chicken Korma with Naan Bread	Best of British Day Roast Beef with Yorkshire Pudding & Horseradish Sauce	Cantonese Style Sweet & Sour Chicken with Prawn Crackers	Cottage Pie with Sweet Potato Mash	Breaded Cod Fillets Chicken Tikka Strips
<b>Vegetarian</b>	Butternut & Chickpea Rogan Josh	Vegetable Wellington	Hot & Sour Vegetables with Crispy Tofu	Vegetable & Quorn Cottage Pie	Mac & Cheese with Spinach & Butternut
<b>Carbohydrates</b>	Pilaf Rice Plain Rice	Roast Potatoes	Noodles	Olive Oil New Potatoes	Chips
<b>Vegetable Choice</b>	Sag Aloo Broccoli	Carrots & Garden Peas Cauliflower Cheese	Stir Fry Vegetables	Buttered Savoy Cabbage Sweetcorn	Mushy Peas Baked Beans
<b>Dessert</b>	Assorted Fruit Jellies	Apple Cinnamon Crumble & Custard	Sliced Fruit & Yoghurts	Diced Fruit & Yoghurts	Fruit Salad & Yoghurts

A SELECTION OF SALADS AT THE SALAD BAR, CUT FRUITS & COLD DESSERTS AVAILABLE DAILY

**SWALLOW SUPPER CLUB - Week One**

<b>Classic Main</b>	Lamb Koftas with Tazaki	Smoked Haddock & Leek fishcakes	BBQ Sticky Pork Ribs	Beef Stroganoff	Assorted Pannis
<b>Vegetarian</b>	Falafel with Tomato & Onion Salad	Vegetable ¼ Pounder Burger	BBQ Quorn Steak	Mixed Mushroom Stroganoff	Mozzarella Sticks
<b>Carbohydrates</b>	Moroccan Style Cous Cous	Chips	Oven Roasted Potato Wedges	Braised Rice	
<b>Vegetable Choice</b>	Roasted Squashes	Peas & Sweetcorn	Corn on Cob	Green Beans	Assorted Salads



## 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	BBQ Pork Steaks with BBQ Sauce	Stir Fried Beef with Chinese Vegetables	Chicken & Mushroom Pie with Puff Pastry	Traditional Beef Lasagne with Garlic Bread	Gluten Free Battered Cod Breaded Cod Fish Fingers
Vegetarian	Vegetable & Mixed Bean Stack	Aubergine & Tofu with Black Bean Sauce	Vegan Vegetable & Mushroom Pie Shortcrust Pastry	Cannelloni Verdi with Spinach & Mozzarella	Vegetable & Herb Quiche
Carbohydrates	Herby Diced Potatoes	Egg Fried Rice Plain Rice	Creamy Mashed Potato	Plain New Potatoes	Thick Cut Chips
Vegetable Choice	Green Beans Sweetcorn	Broccoli Baby Corn & Pak Choi	Roasted Root Vegetables	Roasted Courgettes Peppers & Tomatoes	Garden Peas Baked Beans
Dessert	Creamy Rice Pudding with Fruit Compote	Sliced Fruit & Yoghurt	Fruit Salad & Natural Yoghurt	Jam & Coconut Sponge & Custard	Diced Fruit & Yoghurts

A SELECTION OF SALADS AT THE SALAD BAR, CUT FRUITS & COLD DESSERTS AVAILABLE DAILY

## SWALLOW SUPPER CLUB - Week Two

Classic Main	Meatballs with a Tomato & Mascarpone Sauce	Sticky Lemon & Honey Chicken	Build Your Own Tacos	Curry Night Katsu Chicken Lamb Rogan Josh	BBQ Pulled Pork Wraps
Vegetarian	Vegeballs with a Tomato & Mascarpone Sauce	Roasted Halloumi, Tomato & Mushroom on Ciabatta	Build your Own Tacos	Vegetable & Chickpea Biryani	BBQ Vegetable Wraps
Carbohydrates	Spaghetti	Noodles	Cheesy Nachos	Pilau Rice	Parmentier Potatoes
Vegetable Choice	Ratatouille	Vegetable Pakoras	Corn on Cob	Vegetable Samosas	Onion Rings Assorted Salads



## 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	Butchers Sausage with Onion Gravy	Honey Roasted Gammon with Parsley sauce	Lamb Ragu with Spaghetti	Assorted Pizza	Breaded Plaice Cod Fish Fingers
Vegetarian	Vegetarian Sausage	Roasted Mediterranean Parcels	Spring Vegetable & Herb Frittata	Assorted Pizza	Roasted Squash & Sweet Potato Risotto
Carbohydrates	Wholegrain Mustard Mashed Potato	Steamed New Potatoes with Herbs	Herby Crispy Potatoes	Potato Wedges	Chunky Chips
Vegetable Choice	Baton Carrots Garden Peas	Cauliflower Cheese Roasted Parsnips	Green Beans Sweetcorn	Roast Med Veg	Mushy Peas Baked Beans
Dessert	Candied Lemon Sponge Cake with Custard	Orange Syllabub	Sliced fruit & Yoghurts	Fruit Salad & Cream	Diced Fruit & Yoghurts

A SELECTION OF SALADS AT THE SALAD BAR, CUT FRUITS & COLD DESSERTS AVAILABLE DAILY

## SWALLOW SUPPER CLUB - Week Three

Classic Main	Chorizo & Seafood Paella	Shredded Hoi Sin Lamb	$\frac{1}{4}$ Pounder Burger in a Brioche Bun	Hunters Chicken with BBQ, Bacon & Cheese	Sweet & Sour Pork Balls
Vegetarian	Stuffed Portobello Mushroom	Vegan Falafels with Pitta	$\frac{1}{4}$ Pounder Vegetable & Salsa Burger	Three Bean, Vegetable & Herb Sweet Chilli	Baby Corn, Bean Sprout & Peppers in a Black Bean Sauce
Carbohydrates	Garlic Bread	Sauteed Potatoes	Skinny Fries	Parmentier Potatoes	Plain Chow Mein
Vegetable Choice	Garlic Green Beans	Broccoli with Lemon & Sundried Tomato	Assorted Salads	Garden Peas	Chinese Five Spice Fried Vegetables