

February 2016 - Kew Riverside

Monday Tuesday Wednesday Thursday Friday

Dates week commencing		22nd Feb,14th March,18th April,9th May,6th June,27th June,18th July				
Meat/Fish	Macaroni Cheese	Chicken Pie in Gravy with Puff Pastry & New Potatoes	Roast Gammon With Roast Potatoes or Mashed Potatoes	(50/50) Meat Feast Pizza	Fish Fingers With Chips or Cajun Potato Wedges	
Vegetarian	Vegetable Enchiladas With Rice & Peas	Roasted Vegetable Lasagne	Vegetable & Lentil Pasta Bolognese	(50/50) Margherita Pizza	Mexican Rice Wrap With Chips or Cajun Potato Wedges	
Additional Option	Jacket Potato with Tuna Mayonnaise & Sweetcorn	Oriental Sticky Salmon Wrap & New Potatoes	Jacket Potato & Baked Beans	Fry's Soya Strip Honey & Ginger Stir Fry With Rice	Jacket Potato Topped With Cheese	
Vegetables	Sweetcorn Carrots	Broccoli Green Beans	Green Cabbage Honey Roasted Parsnips	Mixed Vegetables Carrots	Peas Baked Beans	
Dessert of the day	Lemon Cookie	Peach Sponge	Apple & Berry Crumble With Custard	Banana Flapjack	Strawberry Jelly & Vanilla Ice Cream	
Dates week commencing		29th Feb,21st March,25th April,16th May,13th June,4th July				
Meat/Fish	Pork Sausages With Mashed Potato & Gravy	Beef Lasagne	Roast Chicken Breast & Gravy With Roast or New Potatoes	(50/50) Ham & Sweetcorn Pizza	Battered Fish With Chips or Potato & Chive Salad	
Vegetarian	(Daloon) Vegetable Sausage & Gravy With Mashed Potato	Fry's Veggie Mince & Cheese Potato Boats	Paprika, Cheese & Onion Pinwheel With Roast or New Potatoes	(50/50) Margherita Pizza	Cheese & Red Onion Quiche With Chips or Potato & Chive Salad	
Additional Option	Vegetable Chow Mein With Rice	Vegetable Tagine With Rice	Ham Salad Baguette	Jacket Potato with Ratatouille (no cheese)	Homemade Vegetable Burgers Chips or Potato & Chive Salad	
Vegetables	Honey Roast Root Vegetables Peas	#####	Broccoli Carrots	Sweetcorn Mixed Salad	Peas Baked Beans	
Dessert of the day	Apple & Berry Fool	Oat Dream Cookie	Pineapple Upside Down Sponge	Orange and Carrot Muffins	Ice Cream Tub	
Dates week commencing		7th March,11th April,2nd May,23rd May,20th June,11th July				
Meat/Fish	Chicken Korma With Rice	Lamb Hotpot	Roast Beef & Gravy With Roast or New Potatoes	(50/50) BBQ Chicken Pizza	Fish Fingers With Chips	
Vegetarian	Cheddar and Tomato Pasta Bake	Cauliflower & Broccoli Cheese Bake with Crushed Potatoes	Sweet Potato & Lentil Curry With Rice	(50/50) Margherita Pizza	Cheese & Leek Pasta	
Additional Option	Jacket Potato With Vegetable Bean Chilli	Chicken Mayonnaise & Cucumber Wrap	Cheese Salad Roll	Jacket Potato with Beef Bolognese	Egg & Cress Mayonnaise Baguette	
Vegetables	Green Beans Carrots	Green Cabbage and Leek Peas	Roast Mediterranean Vegetables Broccoli	Sweetcorn Coleslaw	Peas Baked Beans	
Dessert of the day	Lemon Drizzle Cake	Orange Flapjack	Chocolate Crispy Corn Flake	Mixed Berry Sponge	Jelly with Mandarins	

The following are available daily: Freshly prepared salad bar containing 4-6 choices (minimum of 3 with no dressing)
 Organic fresh white & wholemeal crusty bread
 Selection of seasonal fresh fruit and low fat yoghurts
 Chilled water
 The carbohydrate is incorporated in the whole dish unless otherwise stated