

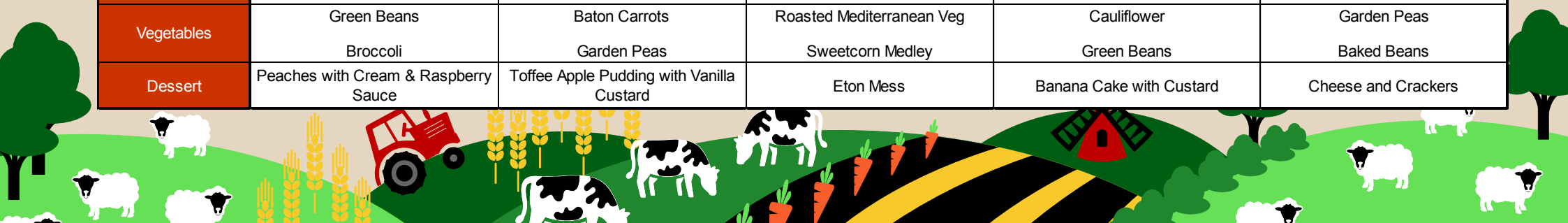
Kew Riverside Menu

With lunch we serve Freshly Baked Crusty Bread, Bio Yoghurt plus a Fruit & Salad selection. For food allergy or special dietary requirements please speak to a member of staff.

5th Jan, 25th Jan, 23rd Feb, 14th Mar	Monday	Tuesday	Wednesday	Thursday	Friday
1st Option	Cheese & Tomato Pizza	Sweet & Sour Chicken with Wholegrain Rice	Honey Roast Gammon with Roast Potatoes & Gravy	Organic Beef Cottage Pie	MSC Breaded Fish Fillet served with Oven Baked Chips
Vegetarian Option	Vegetable & Noodle Stir Fry	Sweet Potato & Lentil Curry served with Wholegrain Rice	Quorn Roast, with Roast Potatoes & Vegetarian Gravy	Cheesy Spanish Omelette	Vegetable Cornish Pasty, served with Oven Baked Chips
3rd Option	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans	Gnocchi with Tomato and Vegetable Sauce	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans	Spaghetti with Tomato sauce	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans
Vegetables	Corn On The Cob/Baton Carrots Herby New Potatoes	Garden Peas Sweetcorn	Broccoli & Sweetcorn Cauliflower	Green Beans Baton Carrots	Garden Peas Baked Beans
Dessert	Cheese & Biscuits	Apple Pie with Custard	Rice Pudding with Raspberry Sauce	Bramley and Pear Crumble served with Custard	Vegetarian Fruit Jelly

11th Jan, 1st Feb, 29th Feb, 21st Mar	Monday	Tuesday	Wednesday	Thursday	Friday
1st Option	Macaroni Cheese	Organic Beef & Vegetable Casserole served with Mash	Turkey & Vegetable Pie with New Potatoes	Texan Pork Sausage and Bean Casserole with Mash	MSC Fish fingers served with Oven Baked Chips
Vegetarian Option	Tomato & Vegetable Wholemeal Penne	Vegetable Chilli & Wholegrain Rice	Winter Vegetable & Quorn Cottage Pie	Texan Quorn Sausage and Bean Casserole with Mash	Vegetable Sausage Roll, served with Oven Baked Chips
3rd Option	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans	Seasonal Vegetables & Rice Jambalaya	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans	Mushroom, Herb and Spinach fettuccine	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans
Vegetables	Green Beans Carrot & Pepper Mix	Cauliflower Garden Peas	Honey Roast Parsnips Green Beans & Sweetcorn	Baton Carrots Corn on the Cob	Garden Peas Baked Beans
Dessert	Iced Cake	Sultana Flapjack	Banoffee Pie	Mixed Winter Fruit Sponge with Custard	Ice Cream

18th Jan, 8th Feb, 7th Mar	Monday	Tuesday	Wednesday	Thursday	Friday
1st Option	Mild Quorn Chilli with Rice	Organic Beef Lasagne served with Garlic Bread	Roast Turkey with Roast Potatoes & Gravy	Chicken Curry & Rice with Mini Naan Bread	MSC Salmon Bites served with Oven Baked Chips
Vegetarian Option	Pasta Bows with Leek, Broccoli & Cheese Sauce	Tomato & Red Lentil Lasagne served with Garlic Bread	Vegetable & Chickpea Puff Pastry Roll, with Roast Potatoes	Tuscan Style Vegetarian Wholemeal Pasta	Breaded Vegetable Nuggets, with Oven Baked Chips
3rd Option	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans	Mixed Vegetable Biryani	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans	Cheese & Onion Quiche	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans
Vegetables	Green Beans Broccoli	Baton Carrots Garden Peas	Roasted Mediterranean Veg Sweetcorn Medley	Cauliflower Green Beans	Garden Peas Baked Beans
Dessert	Peaches with Cream & Raspberry Sauce	Toffee Apple Pudding with Vanilla Custard	Eton Mess	Banana Cake with Custard	Cheese and Crackers



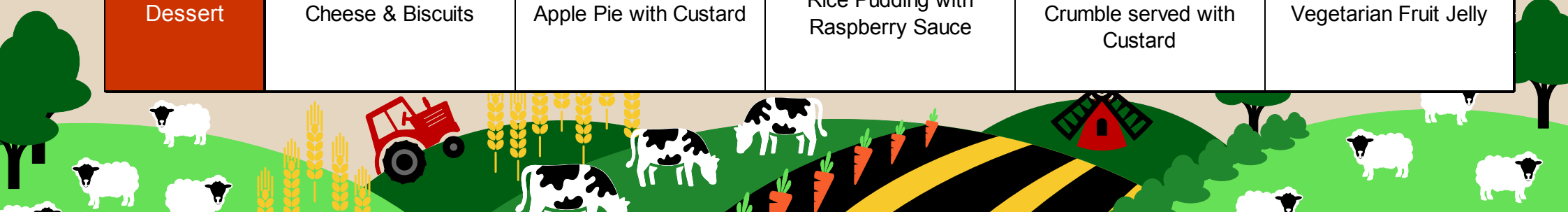


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1st Option	Cheese & Tomato Pizza	Sweet & Sour Chicken with Wholegrain Rice	Honey Roast Gammon with Roast Potatoes & Gravy	Organic Beef Cottage Pie	MSC Breaded Fish Fillet served with Oven Baked Chips
2nd Option	Vegetable & Noodle Stir Fry	Sweet Potato & Lentil Curry served with Wholegrain Rice	Quorn Roast, with Roast Potatoes & Vegetarian Gravy	Cheesy Spanish Omelette	Vegetable Cornish Pasty, served with Oven Baked Chips
3rd Option	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans	Gnocchi with Tomato and Vegetable Sauce	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans	Spaghetti with Tomato sauce	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans
Vegetables	Corn On The Cob/Baton Carrots and Herby New Potatoes	Garden Peas and Sweetcorn	Broccoli & Sweetcorn and Cauliflower	Green Beans and Baton Carrots	Garden Peas and Baked Beans
Dessert	Cheese & Biscuits	Apple Pie with Custard	Rice Pudding with Raspberry Sauce	Bramley and Pear Crumble served with Custard	Vegetarian Fruit Jelly



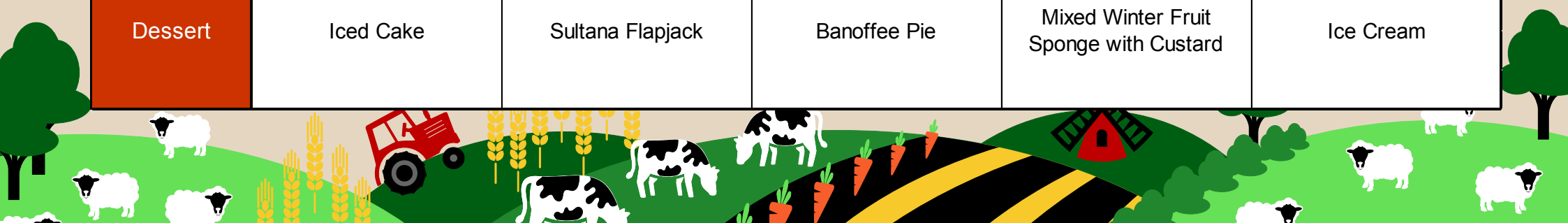


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2nd Option	Tomato & Vegetable Wholemeal Penne	Vegetable Chilli & Wholegrain Rice	Winter Vegetable & Quorn Cottage Pie	Texan Quorn Sausage and Bean Casserole with Mash	Vegetable Sausage Roll, served with Oven Baked Chips
3rd Option	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans	Seasonal Vegetables & Rice Jambalaya	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans	Mushroom, Herb and Spinach fettuccine	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans
Vegetables	Green Beans and Carrot & Pepper Mix	Cauliflower and Garden Peas	Honey Roast Parsnips and Green Beans & Sweetcorn	Baton Carrots and Corn on the Cob	Garden Peas and Baked Beans
Dessert	Iced Cake	Sultana Flapjack	Banoffee Pie	Mixed Winter Fruit Sponge with Custard	Ice Cream





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3rd Option	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans	Mixed Vegetable Biryani	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans	Cheese & Onion Quiche	Jacket Potato with Grated Cheese or Tuna Mayo or Baked Beans
Vegetables	Green Beans and Broccoli	Baton Carrots and Garden Peas	Roasted Mediterranean Veg and Sweetcorn Medley	Cauliflower and Green Beans	Garden Peas and Baked Beans
Dessert	Peaches with Cream & Raspberry Sauce	Toffee Apple Pudding with Vanilla Custard	Eton Mess	Banana Cake with Custard	Cheese and Crackers

