

Week 1				
Monday	Tuesday	Wednesday (GERMAN)	Thursday	Friday
Beef Lasagne	Chicken In Garlic Cream Sauce	German Lamb Meat Ball.	Steak And Onion Pie	Chicken Burger.
Mediterranean Chickpea Pie	Sweet Potato & Lentil Dhal	German Carrot and Quark Quiche.	Spinach & Ricotta Cannelloni	Vegetarian Pizza.
Served With	Served With	Served With	Served With	Served With
Herbed Potato Slices	Baked Potato	German sauerkraut Rice.(Bratkartoffeln) German Baked Potatoes	Lemon & Garlic Potatoes	French Fries.
Broccoli With Lemon Butter	Steamed Vegetables	Traditional German Red Cabbage and Apple	Cilantro & Tomato corn Vegetables	
Tiger Bread	Wholemeal French Stick	Homemade German Rye Bread.	Garlic Bread.	
Baked Beans			Baked Beans.	
Sticky Toffee Pudding	Strawberry & Chocolate Chip Sponge	German Apple Cake.	Canadian Ginger Sponge	
Custard Sauce	Chocolate Sauce.	Custard Sauce.	Vanilla Sauce	Fruit Salad/Yoghurts.
Selection of Hot And Cold				
Served Daily				
Jacket Potatoes With Various Fillings				
Assorted Sandwiches On A Choice Of White, Brown, Tortilla, Muffins, Baguettes, Torpedo Rolls				
Selection Of Fresh Fruit And Yoghurts				
Water Always Available				
Milk Shakes Or Fruit Juice				
		Free		
		Fresh Salad Served From The Salad Bar		

		Daily		

		Week 2		
Monday	Tuesday	Wednesday (BRAZILIAN)	Thursday	Friday
Chicken Gumbo	Meat Pie	Brazilian Chicken Curry With Spinach	Sweet And Sour Pork	Beef Burger
Vegetarian Moussaka	Lentils And Veggies Gratin	Brazilian Black Bean Stew	Cheese Onion Pie	Vegetables Samosa
Served With	Served With	Served With	Served With	Served With
Sauté Potatoes	Potatoes Smitana	Brazilian Rice (Arroz Brasileiro)	Boiled Rice And Potato Twisters	French Fries
Couscous Red Pepper, Green Beans & Red Onion.	Baby Carrots & Peas	Brazilian Chimichurri Roasted Potatoes	Butter Nut Squash With Thyme & Broccoli / Beans.	
Garlic Bread	Crusty Bread / Baked Bean / Gravy.	Brazilian Roasted Vegetable (Feijoada) Nan Bread	Tiger Bread	
Lemon & Orange Loaf & Greek Yoghurt	Strawberry Cheese Cake	Brazilian Sponge cake	Wellington Fudge Cake	Fruit Salad / Yoghurts
		Custard Sauce	Chocolate Sauce	
Selection Of Hot And Cold				
Served Daily				
Jacket Potatoes With Various Fillings				
Assorted Sandwiches On A Choice Of White, Brown, Tortilla, Muffins, Baguettes, Torpedo Rolls				
Selection Of Fresh Fruit And Yoghurts				
Water Always Available				
Milk Shakes Or Fruit Juice				
		Free		
		Fresh Salad Served From The Salad Bar		
		Daily		

		WEEK 3		
Monday	Tuesday	Wednesday (ITALIAN)	Thursday	Friday
Meat Potato Pie	Tuna Mornay	Italian Pork Steaks In Paprika Sauce	Chicken Tikka	Cornish Steak Pasty
Butternut Squash Spinach Lasagna	Spicy Tortillas Wraps	Italian Cheesy Spinach Pasta Bake	Vegetarian Chilli	Veggie Burger
Served With	Served With	Served With	Served With	Served With
Roasted Sweet Potatoes With Garlic Butter.	Pommes Noisettes Potato	Italian Roasted Potato	Tanzanian Vegetables Rice & Curried Rosemary Potatoes	French Fries
Glazed Pea Pods & Carrots.	Lime & Basil Corn Salsa Vegetables.	Italian Roasted Vegetables.	Roasted Cauliflower Butternut Squash & Chick Pea Vegetables.	
French Bread.	Garlic Bread /Salad	Chapattis	Nan Bread	
Baked Beans.		Baked Beans		
Gainsborough Tart Custard Sauce	Glorious Apple Muffin Custard Sauce	Italian Cannoli Pie Vanilla Sauce	Chocolate Caramel Shortbread	Fruit Salad/Yoghurts
Selection Of Hot And Cold				
Served Daily				
Jacket Potatoes With Various Fillings				
Assorted Sandwiches On A Choice Of White, Brown, Tortilla, Muffins, Baguettes, Torpedo Rolls				
Selection Of Fresh Fruit And Yoghurts				
Water Always Available				

Milk Shakes Or Fruit Juice		Free		
		Fresh Salad Served From The Salad Bar		
		Daily		

Week 4				
Monday	Tuesday	Wednesday(IRISH)	Thursday	Friday
Chicken Cacciatore	Lamb Rogan Josh.	Irish Beef Stew.	Roast Chicken Breasts	Fish In Batter
Baked Mushroom Casserole	Pasta &Mixed Vegetable Bake	Irish Sweet Potato &Coconut Curry.	Oven-Baked Red Pepper Risotto	Cheese Onion Pasty
Served With	Served With	Served With	Served With	Served With
Potato Galette	Bombay Potatoes/Cilantro Lime Rice	LGE Yorkshire Pudding Irish Colcannon –Creamy Mashed	Potatoes au Gratin	French Fries
Broccoli & Sweetcorn	Cabbage Dish	Glazed Carrots & Parsnips With Chives.	Swede & Cauliflower.	
Garlic Bread	Nan Bread	Homemade Irish Soda Bread.	Baked Beans/ Crusty Bread	Mushy Peas
Jam Swiss Roll	Rustic Cobbler	Irish Fruit Cake.	Orange Drizzle Cake	
Custard Sauce	Custard Sauce	Vanilla Sauce.	Custard Sauce	Fruit Salad /Yoghurts
Selection Of Hot And Cold				
Served Daily				
Jacket Potatoes With Various Fillings				
Assorted Sandwiches On A Choice Of White, Brown, Tortilla, Muffins, Baguettes, Torpedo Rolls				
Selection Of Fresh Fruit And Yoghurts				
Water Always Available				
Milk Shakes or Fruit Juice				
Free				
Fresh Salad Served From The Salad Bar				
Daily				

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