

SAMPLE BED & BISTRO MENU SAMPLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN IN A PEPPER SAUCE	CHICKEN IN A STILTON SAUCE	JERK CHICKEN	CHICKEN PENNE CARBONARA	CHICKEN STUFFED WITH FETA, SUNDRIED TOMATO & BASIL
BEEF ROGAN JOSH	PORK, APPLE & CIDER CASSEROLE	LAMB BURGER	COTTAGE PIE	SAUSAGE & MASH
FISH OF THE DAY	FISH OF THE DAY	FISH OF THE DAY	FISH OF THE DAY	FISH OF THE DAY
MAC & CHEESE	FALAFEL, PITTA & TZATZIKI	PORTOBELLO MUSHROOM, STUFFED WITH FETA & CARAMALISED RED ONION	CHICKPEA, SPINACH, RED PEPPER & HALLOUMI STEW	VEGGIE SAUSAGES AND MASH
ROASTED VEGETABLES	MIXED VEGETABLES	SALAD BAR	PEAS	SALAD BAR
PEAS	SWEETCORN	PEAS	CARROTS	SWEETCORN
BOMBAY POTATOES	ROAST POTATOES	LATTICE FRIES	WEDGES	CHIPS
CHIPS	SAUTÉ POTATOES	RICE	DUKKAH ROASTED POTATOES	MASH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN KORMA	LEMON & HERB CHICKEN	HUNTERS CHICKEN	CHICKEN CASSEROLE	TANDOORI CHICKEN
BEEF BURGER	BEEF STEW & DUMPLINGS	PORK STROGANOFF	LAMB, BUTTERNUT & MANGO LAKSA CURRY	BEEF LASAGNE
SCAMPI	FISH OF THE DAY	FISH OF THE DAY	FISH OF THE DAY	FISH OF THE DAY
BUTTERNUT SQUASH & RED ONION KORMA	STUFFED PEPPERS	MUSHROOM STROGANOFF	PESTO, RED PEPPER & MOZZARELLA TARTLET	VEGETABLE LASAGNE
PEAS	BROCCOLI CHEESE	SALAD BAR	PANACHE VEGETABLES	SALAD BAR
CAULIFLOWER	ROASTED VEGETABLES	CARROTS	WEDGES	PEAS & SWEETCORN
SAAG ALOO	HERB DICE	LATTICE FRIES	ROOT VEGETABLES	CHIPS
CHIPS	DAUPHINOISE POTATOES	BOULANGERE POTATOES	MASH	NEW POTATOES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN PIE	CHICKEN FAJITA	CHICKEN & CHORIZO	HUNTERS CHICKEN	CHICKEN & SPINACH LASAGNE
CHEESY BOLOGNAISE BAKE	PORK STIR-FRY & NOODLES	LAMB KOFTA	MEATBALLS IN TOMATO SAUCE WITH PENNE PASTA	LAMB BURGER
TILAPIA	FISH OF THE DAY	FISH OF THE DAY	FISH OF THE DAY	FISH OF THE DAY
LEEK, POTATO & SMOKED CHEDDAR PIE	QUORN FAJITA	HALLOUMI SKEWERS	RICOTTA & SPINACH CANNELLONI	VEGGIE BURGER
RED CABBAGE	ROASTED VEGETABLES	SALAD BAR	ROASTED VEGETABLES	SALAD BAR
PEAS & CARROTS	STIR-FRY VEGETABLES	CORN ON COB	PEAS	CARROTS
MASH	PIRI-PIRI RICE	LEMON & HERB POTATOES	MINTED NEW POTATOES	ROASTED NEW POTATOES
HERB DICE	CURLY FRIES	LATTICE FRIES	WEDGES	CHIPS