Ellesmere
Co-ed 7-18 Day and Boarding

LUNCH Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup of the Day	Tomato & Basil	Carrot & Coriander	Cream of Tomato	Mushroom	Tomato & Paprika	Butternut Squash	
Main Course 1 **Main Course 2** **Healthier Choice**	Beef Lasagne & Garlic Slice Chicken Curry Rice & Naan Roast Beef & Yorkshire	Chicken Chow Mein Beef Burger in a Bun Roast Pork & Apple Sauce	Beef Suet Crust Pie Butcher's Sausages Salmon Fillet & Prawn Hollandaise	Chicken Fillet in a Bun Cottage Pie Gammon Steak & Pineapple	Battered Cod Steak Slice Chicken Drumsticks	Lamb Hotpot Breaded Fish Fingers Chicken Fajitas	<u>BRUNCH</u> Continental & Full English Breakfast
Vegetarian	Cheese and Onion Pasties	Quorn Sausages	Cheese and Tomato Omelette	Macaroni Cheese	Vegetable Spring Rolls	Spanish Frittata	
Vegan	Lentil & Sweet Potato Curry	Mushroom & Rosemary Pie	Vegetable Kebab	Butternut Stroganoff	Beetroot Wellington Slice	Vegan Cheese Stack	
Daily Fresh Vegetable Option	Mediterranean Vegetables Baton Carrots	Farmhouse Vegetables Broccoli Florets	Mixed Greens Mexican Sweetcorn	Cauliflower Cheese Macedoine	Mushy Peas Curry Sauce Gravy	Garden Peas Baby Carrots	
High in Fiber	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	
Carbohydrate Choices	Steakhouse Fries Spicy Wedges Jacket Potato	Roast Potatoes Cross Cut Fries Jacket Potato	Herby Diced Potatoes Mashed Potato Jacket Potato	Shoestring Fries New Potatoes Jacket Potato	Chipped Potatoes New Potatoes Jacket Potato	Crispy Shell Potatoes Tortilla Wraps Jacket Potato	Salad and Soup from 12 – 3pm
Pasta **Meat Sauce** **Vegetarian Sauce**	Penne Chicken Curry Tomato & Red Onion	Spaghetti Garlic Chicken Sweet & Sour Quorn	Bow Ties Creamy Seafood Spicy Quorn	Farfalle Beef Bolognaise Hoisin Vegetables	Gnocchi Steak in Gravy Quorn Curry	Tri Colour Thyme Chicken Tomato & Basil	
Daily Assortment of Desserts	Bramley Apple Caramel Pie Yoghurt Fresh Fruit Salad	Jelly & Ice Cream Yoghurt Fresh Fruit Salad	Choc Sponge & Choc Sauce Yoghurt Fresh Fruit Salad	Cornish Ice Cream Pots Yoghurt Fresh Fruit Salad	Honeycomb Cheesecake Yoghurt Fresh Fruit Salad	Chocolate Fudge Cake Yoghurt Fresh Fruit Salad	
Salad Bar **Meat &** **Vegetarian**	An Assortment of Salad Pots	An Assortment of Salad Pots	An Assortment of Salad Pots	An Assortment of Salad Pots	An Assortment of Salad Pots	An Assortment of Salad Pots	