Ellesmere
Co-ed 7-18 Day and Boarding

LUNCH Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup of the Day	Tomato & Basil	Potato & Leek	Cream of Tomato	Mulligatawny	Tomato & Paprika	Spicy Parsnip	
Main Course 1 **Main Course 2** **Healthier Choice**	Beefsteak Suet Crust Pie Sweet & Sour Chicken & Rice Cod Loin & Cheese Sauce	Roast Turkey & Pigs in Blankets Beef Lasagne & Garlic Slice Cajun Butterfly Chicken Breast	Chicken Korma Rice & Naan Pork & Leek Sausages Roast Beef & Yorkshire	Italian Meatballs Chicken Pie Ham & Cheese Omelette	Cod Bites Breaded Plaice Chicken Curry Rice & Naan	Lamb Hotpot Sausage Roll Mediterranean Chicken	<u>BRUNCH</u> Continental & Full English Breakfast
Vegetarian	Quorn Chilli	Quorn Arabiatta	Spanakopita	Goat's Cheese & Onion Quiche	Quorn Pie	Tofu Kebabs	
Vegan	Vegetable Biriyani	Veggie Risotto	Schezuan Noodles	Stuffed Peppers	Baked Beef Tomatoes	Vegan Stack	
Daily Fresh Vegetable Option	Mixed Greens Baton Carrots	Green Beans Cauliflower Cheese	Broccoli & Cauliflower Sweetcorn	Herb Roasted Vegetables Garden Peas	Mushy Peas Curry Sauce Gravy	Mangetout Roasted Root Vegetables	
High in Fiber	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	
Carbohydrate Choices	New Potatoes Lyonnaise Potatoes Jacket Potato	Curly Fries Roast Potatoes Jacket Potato	Spicy Wedges Mashed Potatoes Jacket Potato	Dauphinoise Rosti Potatoes Spaghetti Jacket Potato	Chipped Potatoes New Potatoes Jacket Potato	Sauté Potatoes Mashed Potato Jacket Potato	Salad and Soup from 12 – 3pm
Pasta **Meat Sauce** **Vegetarian Sauce**	Penne Chicken Tikka Cheddar & Onion	Spaghetti Seafood Tomato & Red Onion	Bow Ties Spicy Meatballs Celery & Courgette	Farfalle Chicken Curry Tomato & Olive	Gnocchi Chicken & Ham Broccoli & Stilton	Penne Beef Bolognaise Creamy Quorn & Leek	
Daily Assortment of Desserts	Ripple Sponge & Vanilla Sauce Yoghurt & Topping Fresh Fruit Salad	Strawberry Swirl Gateaux Yoghurt & Topping Fresh Fruit Salad	Apple Pie & Custard Sauce Yoghurt & Topping Fresh Fruit Salad	Cherry Waffles & Cream Yoghurt & Topping Fresh Fruit Salad	Chocolate Fudge Cake Yoghurt & Topping Fresh Fruit Salad	Caramel Frosted Sponge & Custard 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	