Ellesmere
Co-ed 7-18 Day and Boarding

LUNCH Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup of the Day	Tomato & Basil	Lentil	Cream of Tomato	Green Pea	Tomato & Paprika	Cream of Asparagus	
Main Course 1 **Main Course 2** **Healthier Choice**	Beef Lasagne & Garlic Slice Gammon Steak & Pineapple Roast Turkey & Stuffing	Tomato & Basil Meatballs Chicken in Pitta Bread Smoked Haddock Fillet	Salt & Vinegar Cod Goujons Chicken Noodles Minced Beef Pasta Bake	Beef Bolognaise Hot & 'Kickin' Chicken Fillet Salmon - Prawn Hollandaise	Breaded Plaice Breaded Fish Fingers Chicken Carbonara	Chicken Fajitas Shepherd's Pie Tandoori Chicken	<u>BRUNCH</u> Continental & Full English Breakfast
Vegetarian	Sausages in Onion Gravy	Goats Cheese & Red Pepper	Quorn Strip Fajitas	Sweet Potato & Chickpea Bake	Mozzarella Sticks	Quorn Nuggets	
Vegan	Baked Aubergines	Meat Free Balls	Spicy Bean Burger	Stuffed Courgette	Vegetable Spring Roll	Spanish Quiche	
Daily Fresh Vegetable Option	Mixed Greens Cauliflower Cheese	Sliced Carrots Green Beans	Cauli & Broccoli Peas & Sweetcorn	Peas & Sweetcorn Baton Carrots	Garden Peas Curry Sauce Gravy	Mediterranean Vegetables Sweetcorn	
High in Fiber	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	Baked Beans	
Carbohydrate Choices	Roast Potatoes New Potatoes Jacket Potato	Spaghetti Potato Au Gratin Jacket Potato	Steakhouse Fries Spicy Noodles Jacket Potato	Spaghetti Herby Diced New Potatoes Jacket Potato	Chipped Potatoes Cheesy Nachos Jacket Potato	New Potatoes Lyonnaise Potatoes Jacket Potato	Salad and Soup from 12 – 3pm
Pasta **Meat Sauce** **Vegetarian Sauce**	Penne Teriyaki Chicken Quorn Casserole	Spaghetti Creamy Chicken Quorn Fricassee	Bow Ties Beef Madras Three Cheese	Farfalle Beef Bolognaise Ratatouille	Gnocchi Sausages in Onion Gravy Cheesy Leeks	Penne Carbonara Basil & Tomato	
Daily Assortment of Desserts	Apple Crumble & Vanilla Sauce Yoghurt & Topping Fresh Fruit Salad	Raspberry Pavlova Yoghurt & Topping Fresh Fruit Salad	Syrup Sponge & Custard Sauce Yoghurt & Topping Fresh Fruit Salad	Rocky Road Cheesecake Yoghurt & Topping Fresh Fruit Salad	Ellesmere Mess Yoghurt & Topping Fresh Fruit Salad	Trifle Yoghurt & Topping 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	