

# Polam Menu — Week 1

## Monday

### Dish of the day

Sausage roll served with crushed potatoes and baked beans

### Vegetarian dish of the day

Vegetarian sausage roll served with crushed potatoes and baked beans

### Baked jacket potato

Oven baked jacket potato with a choice of grated cheddar cheese, tuna mayonnaise, baked beans & sliced ham

### Vegetable of the day

Baked beans

### Dessert

Greek yoghurt with honey

### Fresh fruit platter

Watermelon, honeydew melon, pineapple, cut grapes and orange segments

### Snack of the day

Chocolate Krispy

## Tuesday

### Dish of the Day

Italian beef lasagne made with roasted vegetable & tomato sauce and layered with pasta sheets and cheese sauce

### Vegetarian dish of the day

Italian vegetarian lasagne made with vegemince, roasted vegetable & tomato sauce and layered with pasta sheets and cheese sauce

### Baked jacket potato

Oven baked jacket potato with a choice of grated cheddar cheese, tuna mayonnaise, baked beans & sliced ham

### Vegetable of the day

Steamed carrots

### Dessert

Greek yoghurt with honey

### Fresh fruit platter

Watermelon, honeydew melon, pineapple, cut grapes and orange segments

### Snack of the day

Soft bread roll served with dairy free spread

## Wednesday

### Dish of the Day

Honey roasted gammon or vegetarian roast served with roasted potatoes, vegetable of the day and gravy

### Jacket of the day

Twice baked jacket potato stuffed with cheddar, sweet onions and chives & served with mixed salad

### Baked jacket potato

Oven baked jacket potato with a choice of grated cheddar cheese, tuna mayonnaise, baked beans & sliced ham

### Vegetable of the day

Steamed mixed fresh vegetables

### Dessert

Greek yoghurt with honey

### Fresh fruit platter

Watermelon, honeydew melon, pineapple, cut grapes and orange segments

### Snack of the day

Shortbread cookies

## Thursday

### Dish of the Day

Thai chicken curry made with coconut milk and served with steamed rice

### Vegetarian dish of the day

Thai roasted butternut squash and sweet potato curry made with coconut milk & served with steamed rice

### Vegetable of the day

Steamed green beans

### Baked jacket potato

Oven baked jacket potato with a choice of grated cheddar cheese, tuna mayonnaise, baked beans & sliced ham

### Sweet treat Thursday

Chocolate sponge with chocolate custard

Greek yoghurt with honey

### Fresh fruit platter

Watermelon, honeydew melon, pineapple, cut grapes and orange segments

### Snack of the day

Mini scones with jam and dairy free spread

## Friday

### Dish of the Day

Battered fish fillet or vegetable nuggets served with chipped potatoes and tomato ketchup

### Vegetarian dish of the day

Caesars salad made with cos lettuce, avocado, griddled tomato & peppers, roasted butternut squash and soft-boiled egg topped with crunchy croutons

### Baked jacket potato

Oven baked jacket potato with a choice of grated cheddar cheese, tuna mayonnaise, baked beans & sliced ham

### Vegetable of the day

Steamed garden peas

### Dessert

Greek yoghurt with honey

### Fresh fruit platter

Watermelon, honeydew melon, pineapple, cut grapes and orange segments

### Snack of the day

Cupcake topped with buttercream icing

**Dietary variations always available**

*All our meals are freshly made*