

Polam

Menu — Week 2

Monday

Dish of the day

Mildly spiced beef chilli made with spices, tomato sauce and served with rice & tortilla chips

Vegetarian dish of the day

Mildly spiced veggie mince or roasted butternut squash chilli made with spices, tomato sauce and served with rice & tortilla chips

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

Lemon drizzle cake

Tuesday

Dish of the Day

Chicken Shawarma

Chicken breast marinated in herbs and spices with lemon juice, grilled and served with herby potatoes, pitta bread and hummus

Vegetarian dish of the day

Veggie Shawarma

Quorn pieces or sweet potato chunks marinated in herbs and spices with lemon juice, grilled and served with herby potatoes, pitta bread and hummus

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 sweetcorn

Dessert

Greek yoghurt with honey

Fresh fruit platter

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

Snack of the day

Honey wheat bread served with dairy free spread

Wednesday

Dish of the Day

Roast pork or vegetarian roast served with sage and onion stuffing, roasted potatoes, vegetables of the day and gravy

Vegetarian dish of the day

Mexican roasted vegetable & mixed bean enchilada topped with Cajun bbq sauce & cheddar cheese and served with mixed salad and coleslaw

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 fresh mixed vegetables

Dessert

Greek yoghurt with honey

Fresh fruit platter

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

Snack of the day

Fruity flapjack

Thursday

Dish of the Day

Chicken katsu curry

Panko crusted chicken breast served with a honey & soy curry sauce and rice

Vegetarian dish of the day

Vegetarian katsu curry

Panko crusted quorn or chunks of sweet potato served with a honey & soy curry sauce and rice

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 green beans

Sweet treat Thursday!

Syrup sponge with custard
Greek yoghurt with honey

Fresh fruit platter

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

Snack of the day

Puff pastry pizza swirl

Friday

Dish of the Day

Breaded fish fillet or vegetable nuggets served with chipped potatoes

Vegetarian dish of the day

Flat bread topped with roasted vegetables, tomato sauce and mozzarella and served with mixed salad and coleslaw

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

Carrot cake with vanilla frosting

Dietary variations always available

All our meals are freshly made