

Polam

Menu — Week 3

Monday

Dish of the Day

BBQ pulled pork pizza with grated cheddar & mozzarella, red onions and fresh coriander & served with garlic and basil wedges

Vegetarian dish of the day

Cheese and tomato pizza with grated mozzarella and cheddar & served with garlic and basil wedges

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 chip cookie

Tuesday

Dish of the Day

Chicken dippers

Crumbed chicken breast pieces served with bbq sauce and potato wedges

Vegetarian dish of the day

Veggie dippers

Not chicken dippers served with tomato or bbq sauce and potato wedges

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

Brioche roll with dairy free spread

Wednesday

Dish of the Day

Roast beef or vegetarian roast served with Yorkshire pudding, horseradish sauce, roasted potatoes and vegetables of the day

Vegetarian dish of the day

Greek feta, courgette and tomato frittata served with vegetables of the day or 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

Puff pastry cinnamon swirl with drizzled icing

Thursday

Dish of the Day

Pasta carbonarra

Pasta served with smoked bacon, mushrooms and cream sauce

Vegetarian dish of the day

Macaroni cheese

Marconi pasta served with a creamy 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 green beans

Sweet treat Thursday!

Jam sponge with custard

Greek yoghurt with honey

Fresh fruit platter

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

Snack of the day

Orange and cranberry cookie

Friday

Dishes of the Day

Oven baked fishy fingers or vegetable nuggets served with chipped potatoes

Chicken Caesars salad

Cold grilled chicken breast, crisp cos lettuce, soft boiled egg, Caesars dressing and 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

Garden peas

Dessert

Greek yoghurt with honey

Fresh fruit platter

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

Snack of the day

Chocolate fudge brownie

Dietary variations always available

All our meals are freshly made