

[WEEKLY MENU]



Week 1

Weeks Commencing: Mon 5th Sept - Mon 26th Sept - Mon 17th Oct - Mon 14th Nov - Mon 5th Dec



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Chicken Goujons with BBQ Sauce (G, SO)	Pepperoni Pizza (G, MK)	Roast Turkey, Stuffing & Roast Gravy (G)	Jerk Chicken Burrito (CE, G, MU)	Breaded Baked Fish with Tomato Ketchup (F, G)
Vegetarian Dish of the Day	Roasted Root Vegetable Pasta Bake (CE, G, MK)	Veggie Supreme Pizza (G, MK)	Vegetable & Chickpea Loaf (CE, G, SO)	Vegetable & Bean Chilli Burrito (CE, G, MU)	Vegetable Calzone (G, MK)
Fish Dish of the Day	Fish Burger (F, G, SE*)	Seafood Spaghetti (CE, F, G)	Seafood Noodles (CE, E, F, G, MU*, SO)	Seafood & Dill Pasta Bake (CE, F, G, MK)	Chefs Special
Vegetable Choice	Herby Diced Potatoes Sweetcorn Peas	Seasoned Wedges Baked Beans Salad	Baby Roast Potatoes Medley of Seasonal Vegetables	Golden Vegetable Rice (CE) Carrots Broccoli	Chips Baked Beans Peas
Dessert of the Day	Apple Flapjack (G)	Chocolate & Orange Sponge with Chocolate Custard (E, G, MK)	American Waffle with Caramel Sauce (E, G, MK, SO)	Lemon Drizzle Cake with Lemon Sauce (E, G, MK, SU)	Winter Berry Cheesecake (E*, G, MK, SO*)
Cold Selection	Salad Bar Home Baked Breads (G, SO) Fresh Fruit	Salad Bar Home Baked Breads (G, SO) Fresh Fruit	Salad Bar Home Baked Breads (G, SO) Fresh Fruit	Salad Bar Home Baked Breads (G, SO) Fresh Fruit	Salad Bar Home Baked Breads (G, SO) Fresh Fruit

Allergens:

CE = Celery, CR = Crustacean, E = Eggs, F = Fish, G = Cereals Containing Gluten, L = Lupin, MK = Milk, MO = Molluscs, MU = Mustard, N = Nuts, P = Peanuts, SO = Soya, SU = Sulphur, SE = Sesame Seeds

* = May Contain

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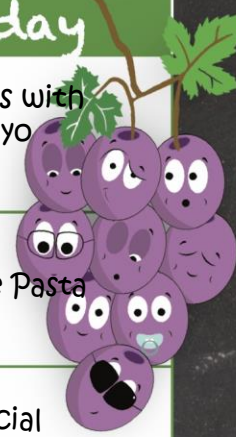
[WEEKLY MENU]



Week 2

Weeks Commencing: Mon 12th Sept - Mon 3rd Oct - Mon 31st Oct - Mon 21st Nov - Mon 12th Dec

	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	Butter Chicken Curry (CE, G*)	Butcher's Choice Sausages (Beef) (CE, G, MK, SO, SU)	Roasted Garlic & Thyme Chicken	Beef Bolognese	Fish Fingers with Lemon Mayo (E, F, G)
Vegetarian Dish of the Day	Vegetable & Quorn Korma (CE, E, G*)	Vegetable Sausages (CE, G)	Roasted Vegetable Wellington (CE, G)	Veggie Bolognese (CE)	Tomato & Basil Penne Pasta (CE, G)
Fish Dish of the Day	Fish & Lentil Dhal (CE, G, G*)	Seafood Ghoulish (CE, F, SU)	Fisherman's Pie (F, G, MK)	Seafood Arrabiatta (CE, F, G)	Chef's Special
Vegetable Choice	Steamed Rice Pot Roasted Cauliflower Green Beans	Mashed Potatoes (MK) Peas Carrots	Baby Roast Potatoes Medley of Seasonal Vegetables	Spaghetti (G) Carrots Cabbage	Chips Baked Beans Peas
Dessert of the Day	Banana Sponge with Custard (E, G)	White Chocolate Cookie (E, G, MK, SO)	Fruit Jelly & Whipped Cream (MK)	Iced Vanilla Sponge (E, G)	Belgian Waffles with Chocolate Sauce (E, G, MK, SO)
Cold Selection	Salad Bar Home Baked Breads (G, SO) Fresh Fruit	Salad Bar Home Baked Breads (G, SO) Fresh Fruit	Salad Bar Home Baked Breads (G, SO) Fresh Fruit	Salad Bar Home Baked Breads (G, SO) Fresh Fruit	Salad Bar Home Baked Breads (G, SO) Fresh Fruit



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[WEEKLY MENU]



Week 3

Weeks Commencing: Mon 19th Sept - Mon 10th Oct - Mon 7th Nov - Mon 28th Nov



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish of the Day	African Beef Stew (G, SO, SU)	Chicken Burger (G, SE*)	Roast Beef, Yorkshire Pudding & Roast Gravy (E, G, MK)	Chinese Chicken Noodles (CE, E, G, MU*, SO)	Battered Baked Fish & Tomato Ketchup (F, G)
Vegetarian Dish of the Day	African Vegetable Stew (CE, G*)	Vegetable Burger in a Bun (G, SE*)	Lentil & Spinach Strudel with Tomato Sauce (CE, G)	Hoi Sin Vegetable Noodles (CE, E, G, MU*, SO)	Slow Roasted Tomato & Cheese Pasta (CE, G, MK)
Fish Dish of the Day	Fish Biryani (CE, F, G*)	Fish Finger Sandwich (F, G)	Cajun Fish Wrap (CE, F, G, MU)	Seafood Noodles (CE, E, F, G, MU*, SO)	Chef's Special
Vegetable Choice	Jollof Rice (CE) Roasted Vegetable Medley	Homemade Wedges Sweetcorn Baked Beans	Baby Roast Potatoes Savoy Cabbage Cauliflower	Steamed Rice Sweetcorn Broccoli	Chips Baked Beans Peas
Dessert of the Day	Chocolate & Beetroot Brownie (E, G, MK, SO)	Cherry Tray Bake with Whipped Cream (E, G, MK)	Winter Fruit Crumble & Custard (G, MK)	Jam & Coconut Sponge (E, G, MK, SU)	Strawberry Mousse with Choc-Chip Cookie (E, G, MK, SO)
Cold Selection	Salad Bar Home Baked Breads (G, SO) Fresh Fruit	Salad Bar Home Baked Breads (G, SO) Fresh Fruit	Salad Bar Home Baked Breads (G, SO) Fresh Fruit	Salad Bar Home Baked Breads (G, SO) Fresh Fruit	Salad Bar Home Baked Breads (G, SO) Fresh Fruit

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