

The Retreat Café – St Joseph's - Menu

Week Commencing 20th September

Monday

- Meat or Veggie Bolognese, served with spaghetti & garlic bread
- Bacon Chop, served with a poached egg & choice of two steamed vegetables
- Tomato & Basil Pasta, served with garlic bread

Tuesday

- Roast Beef, served with Yorkshire pudding, roast and creamed potatoes, seasonal steamed vegetables & rich beef gravy
- Vegetable or Chicken Curry, served on a bed of rice with naan bread
- Meatballs, served in a giant Yorkshire pudding, served with creamed potatoes & one seasonal steamed vegetable

Wednesday

- Arrabbiata sauce, served on a bed of pasta with garlic bread & side salad
- Curry of the day, served on a bed of rice with poppadoms
- Hot pot, served with pickles & crusty rolls

Thursday

- Homemade Steak Pie, served with steamed vegetables and gravy
- Italian Meat Lasagna, served with a fresh mixed green salad & garlic bread
- Vegetable Stir-Fry served with garlic bread

Friday

- Oven baked Fish served with chips, mushy peas OR baked beans
 - Chicken Curry served with rice & naan bread
 - Tomato & Basil Pasta served with garlic bread
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- A selection of sandwiches, wraps & pasta pots are available daily

Please check with a member of staff on allergy information

All recipes are made using reduced fat, sugar & salt

Living, Loving,
Learning through Christ

