

The Retreat Café – Menu

Week Commencing 18th October

Monday

- Cumberland Sausage, served with creamed potatoes, seasonal vegetables and gravy
- 5 Bean Chilli, served on a bed of rice with garlic bread
- Cornish Pasty served with peas & gravy

Tuesday

- Roast Turkey served with stuffing, roast & creamed potatoes, seasonal steamed vegetables & rich turkey gravy
- Beef Burger served with salad OR baked beans
- Sweet & Sour Chicken / Vegetables, served on a bed of rice

Wednesday

- Beef Mince, served in a Giant Yorkshire Pudding with creamed potatoes, seasonal vegetables and gravy
- Two Cheese Macaroni pasta, served with a crusty roll
- Homemade Pizza with a variety of toppings, served with baked bean (optional)

Thursday

- Chicken curry, served on a bed of rice with naan bread
- Homemade Chicken & Leek Pie, served with two seasonal vegetables and gravy
- Chicken fillet wraps, served with salad (optional)

Friday

- Fish OR fishcakes, served with chips, beans OR peas
- Chicken OR Vegetable Burger, served with baked beans (optional)
- 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

