

# The Retreat Café – Menu

## Week Commencing 17<sup>th</sup> January

### Monday

- Chicken Breast wrapped in bacon, served with seasonal vegetables and gravy
- Toad in the hole, served with creamed potatoes and one seasonal vegetable
- Tomato and basil pasta, served with side salad and garlic bread

### Tuesday

- Roast of the day, served with roast & creamed potatoes, seasonal steamed vegetables & rich gravy
- Chicken Carbonara OR Mushroom Carbonara Pasta, served with garlic bread
- Cauliflower Cheese Bake, served with a crusty roll

### Wednesday

Pork Chop, served with seasonal vegetables, creamed potatoes and gravy

- Chicken Curry, served with rice and naan bread
- Cheese Flan, served with side salad OR baked beans

### Thursday

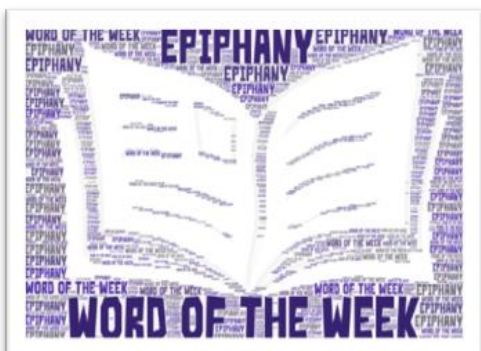
- Cottage Pie, served with two seasonal vegetables, creamed potatoes and gravy
- Crispy Chilli Beef, served on a bed of rice OR sweet potato fries
- Tomato and Basil pasta, served with side salad and garlic bread

### Friday

- Fish OR Fishcakes, served with chips, baked beans OR peas
- Chicken Fajitas, served in a wrap
- Vegetables, served in a sweet chilli sauce on a bed of rice

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**



### Word of the Week – Epiphany

*Definition: noun*

- 1. The manifestation of Christ to the Gentiles as represented by the Magi (Matthew 2:1–12).*
- 2. A moment of sudden and great revelation or realization.*

The poster outside of Mr Nevitt's office has more information for you.

Remember if you use the word Epiphany in a sentence when Mr Nevitt visits your class you will earn 5 achievement points