


# THE RETREAT

## MENU WEEK 4 (Monday 23<sup>rd</sup> May – Friday 27<sup>th</sup> May 2022)

**PLEASE ASK A MEMBER OF STAFF FOR FOOD ALLERGY INFORMATION**

|  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|---|--|--|--|
| <b>MAIN MEAL</b>   | Cumberland Sausage serviced with a Giant Yorkshire Pudding<br><hr/> Chicken Stir-Fry   | Roast of the Day<br><hr/> Crispy Beef in Sweet Chilli Sauce | Chicken Tikka Curry<br><hr/> Feta, Tomato and Spinach Flan | <br>Jubilee Theme Day (Details to be confirmed) | Fish/ Fish Goujons<br><hr/> Homemade Steak Pie |
| <b>VEGETARIAN MAIN MEAL</b>  | Vegetable Stir-Fry in a Soya Sauce   | Tomato and Basil Pasta Bake                                 | Veggie Tikka Curry   |  | Vegetable Pie                                  |
| <b>On the side</b>   | Choose from a selection of potato's, rice, pasta, garlic bread, naan bread, fresh vegetables, beans and mixed salad – <i>items vary daily</i> .<br>Chips are offered on a Friday |   |  |  |  |
| <b>Grab &amp; Go</b>   | A variety of hot Grab & Go items available daily from the main servery.<br>Pizzini, hot wraps, pastry products, burgers, pizza – <i>items vary daily</i> .                       |   |  |  |  |
| <b>Soup Station</b>  | Try our homemade soup of the day, with a crusty bread roll.  |   |  |  |  |
| <b>Deli Bar</b>  | Cold pasta pots, sandwiches, toastie's, baguettes, paninis, wraps, salad pots.<br>Come and take a look!! – <i>items vary daily</i> .   |   |  |  |  |
| <b>Jacket Potatoes</b>   | Jacket Potatoes available daily with a variety of hot and cold toppings.   |   |  |  |  |
| A variety of healthy snacks, cakes and cookies available daily.<br>Including; yoghurts, jelly, fruit pots, cakes, cookies, raisins, cucumber pots and popcorn. |  |   |  |  |  |
| Choice of slush drinks, juice cartons and bottled water<br>Water bottle refill point also available.   |  |   |  |  |  |

**“LOOK OUT FOR OUR THEMED DAYS”**