

THE RETREAT

MENU WEEK 2 (Monday 9th May – Friday 13th May 2022)

PLEASE ASK A MEMBER OF STAFF FOR FOOD ALLERGY INFORMATION

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken Wrapped in Bacon	Roast of the Day	Giant Yorkshire Pudding with Mince Beef	Homemade Steak Pie	Fish/Fish Fingers and Chips
	Chilli Con Carne	Chicken and Broccoli Pasta	Sweet and Sour Chicken	Chicken Curry	Cumberland Sausage
VEGETARIAN MAIN MEAL	5 Bean Chilli	Tomato and Basil Pasta Bake	Tempura Vegetables served with Sweet and Sour Sauce	Vegetable Curry	Vegetable Stir-Fry (vegan)
On the side	Choose from a selection of potato's, rice, pasta, garlic bread, naan bread, fresh vegetables, beans and mixed salad – <i>items vary daily</i> . Chips are offered on a Friday				
Grab & Go	A variety of hot Grab & Go items available daily from the main servery. Pizzini, hot wraps, pastry products, burgers, pizza – <i>items vary daily</i> .				
Soup Station	Try our homemade soup of the day, with a crusty bread roll.				
Deli Bar	Cold pasta pots, sandwiches, toastie's, baguettes, paninis, wraps, salad pots. Come and take a look!! – <i>items vary daily</i> .				
Jacket Potatoes	Jacket Potatoes available daily with a variety of hot and cold toppings.				
A variety of healthy snacks, cakes and cookies available daily. Including; yoghurts, jelly, fruit pots, cakes, cookies, raisins, cucumber pots and popcorn.					
Choice of slush drinks, juice cartons and bottled water Water bottle refill point also available.					

“LOOK OUT FOR OUR THEMED DAYS”