



**THE RETREAT**  
@ ST. JOSEPH'S

# THIS WEEKS MENU

## MONDAY 26TH - FRIDAY 30TH SEPTEMBER

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

	MAIN MEALS	VEGETARIAN MAIN MEAL
<b>MONDAY</b>	Toad in the Hole — Crispy Beef with Sweet Chilli Sauce	Arrabbiata Pasta Bake
<i>LOOK OUT FOR OUR MEXICAN &amp; SPANISH SPECIALS TO CELEBRATE EUROPEAN DAY OF LANGUAGES</i>		
<b>TUESDAY</b>	Roast of the Day — Chicken Carbonara	Mushroom Carbonara
<b>WEDNESDAY</b>	Pork Chops — Chicken Curry	Vegetable Curry
<b>THURSDAY</b>	Cottage Pie — Macaroni Cheese	Veggie Cottage Pie
<b>FRIDAY</b>	Lasagne — Fish/Fish Cakes and Chips	Vegetable Lasagne



On the side - Choose from a selection of potatoes, rice, pasta, garlic bread, naan bread, fresh vegetables, beans and mixed salad, chips are offered on a Friday - items vary daily

Choice of slush drinks, juice cartons, bottled water, healthy snack, cakes and cookies available daily. (Water bottle refill point also available)

**Even more choice - Grad & Go, Deli Bar, Soup station and Jacket Potatoes available daily!**

<p><b>Grad &amp; Go</b> A variety of hot items available daily - Pizzini, hot wraps, pastry products, burgers, pizza - items vary daily.</p>	<p><b>Soup Station &amp; Jacket Potatoes</b> Try our homemade soup with a crusty bread roll, or a healthy Jacket Potato with a variety of hot and cold toppings.</p>	<p><b>Deli Bar</b> Cold pasta pots, sandwiches, toastie's, baguettes, paninis, wraps, salad pots. Come and take a look!! - items vary daily.</p>	<p>"LOOK OUT FOR OUR THEMED DAYS!"</p>
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