



THE RETREAT

@ ST. JOSEPH'S

THIS WEEKS MENU

MONDAY 16TH JANUARY - FRIDAY 20TH JANUARY

PLEASE ASK A MEMBER OF STAFF FOR FOOD ALLERGY INFORMATION

	MAIN MEALS	VEGETARIAN MAIN MEAL
MONDAY	Cumberland Sausage served with a Giant Yorkshire Pudding — Chicken Stir-Fry	Vegetable Stir-Fry in a Soya Sauce
TUESDAY	Roast of the Day — Crispy Beef in Sweet Chilli Sauce	Tomato and Basil Pasta Bake
WEDNESDAY	Chicken Tikka Curry — Feta, Tomato and Spinach Flan	Veggie Tikka Curry
THURSDAY	Sweet and Sour Chicken — Savoury Mince and Dumplings	Sweet and Sour Vegetables
FRIDAY	Fish/Fish Goujons — Homemade Steak Pie	Vegetable Pie

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>Grad & Go A variety of hot items available daily - Pizzini, hot wraps, pastry products, burgers, pizza - items vary daily.</p>	<p>Soup Station & Jacket Potatoes Try our homemade soup with a crusty bread roll, or a healthy Jacket Potato with a variety of hot and cold toppings.</p>	<p>Deli Bar 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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