Monday

Soup of the day (V)

Mains
Choice of:

Aubergine and chick pea curry
Aubergines and chick peas cooked in a mildly spiced sweet curry sauce

Macaroni cheese (V)
Macaroni pasta cooked in a rich cheese sauce

Five bean chilli (V)
Mixed beans and vegetables cooked in a fiery tomato sauce

Baked Jacket Potato (V)
Served with various fillings

All served with a selection of seasonal vegetables and potatoes (V)

Create your own side salad from the salad bar (V)

Selection of Desserts (V)
Including yoghurts, fresh fruit and cold desserts

(V) – Vegetarian
Allergens information: please ask a member of staff for any information required
Tuesday

Soup of the day (V)

Mains
Choice of:
Hot and spicy chicken
Oven baked chicken thigh pieces cooked in a hot and spicy marinade served with celeriac coleslaw

Korean pork stir fry
Pork strips marinated in a fiery Korean sauce with stir fried vegetables and noodles

Balsamic, tomato and basil pasta (V)
Penne pasta with cherry tomatoes and basil tossed in a light balsamic glaze

Baked Jacket Potato (V)
Served with various fillings

All served with a selection of seasonal vegetables and potatoes (V)

Create your own side salad from the salad bar (V)

Selection of Desserts (V)
Including yoghurts, fresh fruit and cold desserts

(V) – Vegetarian
Allergens information: please ask a member of staff for any information required

EAT@NEWCASTLE
Food for Thought
Wednesday

Soup of the day (V)

Mains
Choice of:
Cumberland sausage ring
Cumberland style sausage served with onion gravy

Beef Rendang curry
Slow cooked diced beef in a fairly spicy fragrant curry sauce

Vegetable Enchilada
Crunchy vegetables baked in a light spicy tomato sauce wrapped in a soft tortilla
with vegan cheddar cheese (V)

Baked Jacket Potato (V)
Served with various fillings

All served with a selection of seasonal vegetables and potatoes (V)

Create your own side salad from the salad bar (V)

Selection of Desserts (V)
Including yoghurts, fresh fruit and cold desserts

(V) - Vegetarian
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Thursday

Soup of the day (V)

Mains
Choice of:
Chicken Kiev
Breaded oven baked chicken breast filled with garlic butter

Sicilian baked cod loin
Baked Cod loin in a lemon and chilli crumb served with fresh salad

Thai green vegetable curry (V)
Vegetables cooked in an authentic Thai green curry sauce

Baked Jacket Potato (V)
Served with various fillings

All served with a selection of seasonal vegetables and potatoes (V)

Create your own side salad from the salad bar (V)

Selection of Desserts (V)
Including yoghurts, fresh fruit and cold desserts

(V) – Vegetarian
Allergens information: please ask a member of staff for any information required
Friday

Soup of the day (V)

Mains
Choice of:
Battered Fish
Oven baked battered fish served with tartare sauce and lemon

Chicken Breast wrap
Oven baked chicken breast served in a tortilla pocket with salad and a choice of dressings

Vegetable Kiev (V)
Breaded oven baked vegetable Kiev stuffed with garlic butter

Baked Jacket Potato (V)
Served with various fillings

All served with a selection of seasonal vegetables and potatoes (V)

Create your own side salad from the salad bar (V)

Selection of Desserts (V)
Including yoghurts, fresh fruit and cold desserts

(V) – Vegetarian
Allergens information: please ask a member of staff for any information required