











# Henrys

# The Quad





## Monday 10<sup>th</sup> December 2018

Soup	 	Cauliflower & Cheese
Main		Chilli Con Carne
Pot Meal		Chicken Pasta
Vegetarian	 	Stuffed Jacket Potatoes
Hot Pudding		Ginger Sponge Pudding
Panini		Cheese & Ham





## Tuesday 11<sup>th</sup> December 2018

Soup	 	Thai Sweet Potato
Main		Pork loin steak with Peppercorn sauce
Pot Meal		Beef Stir fry
Vegetarian	 	Vegetable Curry
Hot Pudding		Rice Pudding
Panini		BBQ Chicken





## Wednesday 12<sup>th</sup> December 2018





Soup	 	Beetroot, Chilli and Coconut
Main		Toad in the Hole
Pot Meal		Sweet & Sour Chicken
Vegetarian		Vegetable Toad in the Hole
Hot Pudding		Treacle Sponge Pudding
Panini		Sweet Chilli Chicken






## Thursday 13<sup>th</sup> December 2018





Soup	 	Roasted Red Pepper
Main		Beef Nachos
Pot Meal		Chinese Chicken with Noodles
Vegetarian	 	Aubergine and Vegetable Bake
Hot Pudding		Apple Crumble
Panini		Pepperoni





## Friday 14<sup>th</sup> December 2018




Soup	 	Vegetable
Main		Fish & Chips
Main		Hunters Chicken
Vegetarian		Vegetable Flat Bread
Hot Pudding		Sultana Sponge Pudding
Panini		Pepperoni

Soup	 	Cauliflower & Cheese
Panini		Cheese & Ham
Pot Meal		Chicken Pasta
Pot Meal	 	Stuffed Jacket Potatoes

Soup	 	Thai Sweet Potato
Panini		BBQ Chicken
Pot Meal		Beef Stir fry
Pot Meal	 	Vegetable Curry

Soup	 	Beetroot, Chilli and Coconut
Panini		Sweet Chilli Chicken
Pot Meal		Sweet & Sour Chicken
Pot Meal		Vegetable Toad in the Hole

Soup	 	Roasted Red Pepper
Panini		Pepperoni
Pot Meal		Chinese Chicken with Noodles
Pot Meal	 	Aubergine and Vegetable Bake

Soup	 	Vegetable
Panini		Pepperoni
Pot Meal		Fish & chips
Pot Meal		Vegetable Flat Bread



Suitable for Vegetarians



Gluten Free Choice