









# Henrys

# The Quad

## Monday 21<sup>st</sup> January 2019

Soup	 	Tomato & Basil
Main		Mince Beef & Onion Pie
Pot Meal		Spanish Chicken
Vegetarian		Cherry Tomato & Spinach Pasta
Hot Pudding		Orange & Sultana Sponge Pudding
Panini		Chicken Fajita






## Tuesday 22<sup>nd</sup> January 2019

Soup	 	Pea & Mint
Main		Moroccan Tuna & Vegetable Bake
Pot Meal		Pork & Mix Bean Chilli
Vegetarian		Vegetable Parcels
Hot Pudding		Rice Pudding
Panini		Tuna Melt






## Wednesday 23<sup>rd</sup> January 2019

Soup	 	Celery & Apple
Main		Roast Turkey
Pot Meal		Ham Carbonara
Vegetarian	 	Flat Mushrooms
Hot Pudding		Apple Crumble
Panini		Sweet Chilli Chicken

## Thursday 24<sup>th</sup> January 2019





Soup	 	Butternut squash
Main		Chicken & Chorizo Rice
Pot Meal		Pork Stir-fry with Ginger & Honey
Vegetarian		Ricotta Cheese & Tomato Cannelloni
Hot Pudding		Bakewell Tart
Panini		Pepperoni





## Friday 25<sup>th</sup> January 2019






Soup	 	Vegetable Goulash Soup
Main		Chicken Lasagne
Pot Meal		Beef Curry Biryani
Vegetarian	 	Cauliflower & Potato Curry
Hot Pudding		Rhubarb & Ginger Pie
Panini		Pepperoni

Soup	 	Tomato & Basil
Panini		Chicken fajita
Pot Meal		Spanish Chicken
Pot Meal		Cherry Tomato & Spinach Pasta

Soup	 	Pea & Mint
Panini		Tuna Melt
Pot Meal		Pork & Mix Bean Chilli
Pot Meal		Vegetable Parcels

Soup	 	Celery & Apple
Panini		Sweet Chilli Chicken
Pot Meal		Ham Carbonara
Pot Meal	 	Flat Mushrooms

Soup	 	Butternut Squash
Panini		Pepperoni
Pot Meal		Pork Stir-fry with Ginger & Honey
Pot Meal		Ricotta Cheese & Tomato Cannelloni

Soup	 	Vegetable Goulash Soup
Panini		Pepperoni
Pot Meal		Beef Curry Dopiazza
Pot Meal	 	Cauliflower & Potato Curry



Suitable for Vegetarians



Gluten Free Choice