

Dame Elizabeth Cadbury Bistro Menu

January - April 2020

Week 1

Monday	Main Course	Cottage Pie (D,E,SD)
	Vegetarian Main	Quorn Shepherd's Pie (D,E,V)
	Served With	Seasonal Vegetables, Gravy (V,GF) & Beans (V,GF)
	Deli Wrap or Pasta/Noodle Bar	Spicy Sausage (GL), Arrabiata (GL)
	Dessert	Chocolate Crunch (GL,E,D)
Tuesday	Main Course	Chicken Escallops with Chunky Vegetables in Tomato Sauce (H,GL,E,CE)
	Vegetarian Main	Broccoli & Cheese Flan (V,GL,M,E,D)
	Served With	Potato Wedges (V,GF), Vegetables
	Deli Wrap or Pasta/Noodle Bar	Chicken Italiana (H), Basilico (V,VE)
	Dessert	Flapjack (GL,D), Chocolate Cracknell (GL,D)
Wednesday	Main Course	Chicken Burger (H,GL,E) Or Beef Burger (GL,E,CE,SD)
	Vegetarian Main	Vegetable Burger (V,D,GL,CE,E)
	Served With	Diced Potatoes (CE,SD), Coleslaw (V,D,E,MU)
	Deli Wrap or Pasta/Noodle Bar	Crackerjack Chicken (H,GL), Tomato & Basil (V,VE)
	Dessert	Vanilla Sponge with Icing (V,E,D,GL)
Thursday	Main Course	Turkey & Stuffing (CE)
	Vegetarian Main	Cheese & Potato Pie (V,D,M)
	Served With	Roast Potatoes, Seasonal Vegetables and Gravy (GF,V,VE)
	Deli Wrap or Pasta/Noodle Bar	Mexican Meatballs (GL), Tomato & Herb (V,VE)
	Dessert	Chocolate Cracknell (GL,D)
Friday	Main Course	Breaded Chicken Goujon (H,E,D,MU)
	Vegetarian Main	Quorn Bites (V,E,CE,GL)
	Served With	Farmhouse Fries, Peas or Beans
	Deli Wrap or Pasta/Noodle Bar	Spicy Tomato (V,VE)
	Dessert	Jam Donuts (GL,D)

Week 1

Week 2

Week 3

Week 4

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February 2020							
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March 2020							
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January - April 2020

Week 2

Monday	Main Course	All Day Breakfast: Pork Sausage (M,W), Bacon, Hash Brown (M,W), Beans (V) Egg (E) Mushrooms and Tomatoes
	Vegetarian Main	Quorn Sausage (E,W,M) Hash Brown (M,W), Beans (V) Egg (E) Mushrooms and Tomatoes
	Deli Wrap or Pasta/Noodle Bar	Chicken Salsa (GL,H), Basilica (V)
	Dessert	Chocolate Chip Cookie (D,GL,E), Crumble & Custard (GL,M,D,V)
Tuesday	Main Course	Beef Chilli Enchiladas (CE,GL,M,SS), Chicken & Pepper Enchilada's (H,D,CE,GL,SS)
	Vegetarian Main	Mexican Bean Enchiladas (V,CE)
	Served With	Diced Potatoes or Mexican Rice (V,CE)
	Deli Wrap or Pasta/Noodle Bar	Boston Meatballs (GL), Arrabiata (V,GL)
	Dessert	Chocolate Crunch (GL,E,V)
Wednesday	Main Course	Piri Piri Chicken (H,CE), Pulled Pork (SD,CE)
	Vegetarian Main	Quornball Marina (E,V,M,CE)
	Served With	Seasoned Potato Wedges & Sweetcorn
	Deli Wrap or Pasta/Noodle Bar	Spicy Tomato (CE,V)
	Dessert	Lemon Sponge (V,E,GL)
Thursday	Main Course	Roast Gammon
	Vegetarian Main	Quorn Roast (E,M,GL)
	Served With	Seasonal Vegetables, Roast Potatoes, Yorkshire Pudding (E,M,W) and Gravy (GF)
	Deli Wrap or Pasta/Noodle Bar	Chicken Italiana (H), Tomato & Basil (V)
	Dessert	Vanilla Muffin (E,GL,M)
Friday	Main Course	Chicken & Mushroom Pie (H,CE,M,E,GL) or Chicken Tikka Pitta with Salad (H,CE,GL) or Battered Cod Fillet (F,D,E,GL,MU)
	Vegetarian Main	Cheese & Onion Slice (V,E,M,GL,CE)
	Served With	Chips, Peas, Gravy or Curry Sauce
	Deli Wrap or Pasta/Noodle Bar	Tomato Salsa (V)
	Dessert	Chocolate Muffin (E,GL,M,V)

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Week 3		
Monday	Main Course	Cajun Roast Chicken <i>(H,CE,GL)</i>
	Vegetarian Main	Quorn Sausage & Tomato Frittata <i>(E,GL,M,CE)</i>
	Served With	Spiced Potato Wedges <i>(V,GF)</i> , Vegetables
	Deli Wrap or Pasta/Noodle Bar	Kansas Chicken <i>(H,GL)</i> , BBQ Bean <i>(V,GL)</i>
	Dessert	Flapjack <i>(D,V)</i> , Apple Crumble & Custard <i>(GL,M,E,D)</i>
Tuesday	Main Course	BBQ Chicken & Peppers <i>(H,CE,GL,SD)</i>
	Vegetarian Main	Vegetable Spring Rolls <i>(V,GL,E,CE)</i>
	Served With	Diced Potatoes or Rice <i>(GL,V)</i>
	Deli Wrap or Pasta/Noodle Bar	Pizzaa Pollo <i>(H)</i> , Tangy Tomato <i>(V,VE)</i>
	Dessert	Mixed Cookies <i>(E,D,GL)</i>
Wednesday	Main Course	Beef Lasagne <i>(GL,D,E)</i>
	Vegetarian Main	Macaroni Cheese <i>(V,D,E,GL)</i>
	Served With	Garlic Slice <i>(GL,CE,D)</i> , Salad or Pomme Noisettes
	Deli Wrap or Pasta/Noodle Bar	Chilli Bean Chicken <i>(H,GL)</i> , Basilica <i>(V,VE)</i>
	Dessert	Chocolate Crunch <i>(GL,E,V)</i>
Thursday	Main Course	Roast Chicken <i>(H)</i>
	Vegetarian Main	Quorn Sausage <i>(E,GL,M,V)</i>
	Served With	Roast Potatoes, Seasonal Vegetables and Gravy <i>(GF,V,VE)</i>
	Deli Wrap or Pasta/Noodle Bar	Spicy Sausage <i>(GL)</i> , Tomato Salsa <i>(V)</i>
	Dessert	Vanilla Sponge <i>(E,GL,D)</i>
Friday	Main Course	Breaded Chicken Goujons <i>(H,GL,E,D,MU)</i> or Battered Cod Fillet <i>(F,D,E,GL,MU)</i>
	Vegetarian Main	Cheese & Onion Pasty <i>(V,GL,E,MU,M)</i>
	Served With	Chips, Beans or Peas
	Deli Wrap or Pasta/Noodle Bar	Arrabiata <i>(V,GL)</i>
	Dessert	Chocolate Cracknell <i>(GL,D)</i> or Shortbread <i>(GL,D)</i>

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Week 4		
Monday	Main Course	Chicken Tikka Masala (H,N,SD,D)
	Vegetarian Main	Quorn Keema (V,N,D,E)
	Served With	Rice & Nann Bread (GL,D)
	Deli Wrap or Pasta/Noodle Bar	Chicken Burrito (H,S,GL), Vegetable Chilli (V,GL,S)
	Dessert	Shortbread (GL,D), Cherry Crumble and Custard (V,GL,D)
Tuesday	Main Course	Pepperoni Pizza (D,GL,SS,S,SD)
	Vegetarian Main	Cheese & Tomato Pizza (W,V,M)
	Served With	Spiced Wedges (V,GF,VE), Beans or Sweetcorn (V)
	Deli Wrap or Pasta/Noodle Bar	Boston Meatballs (GL), Tomato & Basil (V)
	Dessert	Chocolate Crunch (GL,E,V)
Wednesday	Main Course	Pork Sausage Roll (GL,D,E)
	Vegetarian Main	Tomato Pasta Bake (GL,D)
	Served With	Diced Potatoes (V,CE), Beans
	Deli Wrap or Pasta/Noodle Bar	Chicken Italian (H), Chilli Tomato (V)
	Dessert	Mixed Cookies (GL,D,E)
Thursday	Main Course	Pork Sausage (SD,GL,MU,CE)
	Vegetarian Main	Quorn Roast (E,M,GL)
	Served With	Creamy Mash, Yorkshire Pudding, Seasonal Vegetables and Gravy
	Deli Wrap or Pasta/Noodle Bar	Tandoori Chicken (H), Arrabiata (V,GL)
	Dessert	Apple Crumble & Custard (D,GL,M,V)
Friday	Main Course	Steak Slice (GL,CE,D,E), Battered Cod Fillet (F,D,E,GL,MU)
	Vegetarian Main	Vegetable Pasty (V,GL,CE,D,E)
	Served With	Farmhouse Fries, Beans or Sweetcorn (V)
	Deli Wrap or Pasta/Noodle Bar	Tomato (V,VE)
	Dessert	Jam Donuts (GL,D), Vanilla Muffin (E,GL,M)

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P – PEANUTS
N – NUTS (TREE NUTS)
D – DAIRY PRODUCTS
S – SOYA
MU – MUSTARD
L – LUPIN
E – EGGS
F – FISH
GL – GLUTEN
CR – CRUSTACEANS (PRAWNS)
MO – MOLLUSCS (SCALLOPS, MUSSELS)
SS – SESAME SEED
CE – CELERY
SD – SULPHUR DIOXIDE



CE - CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in salt, salads, some meat products, soups and stock cubes.



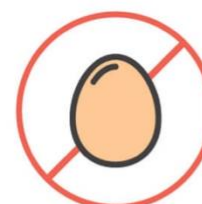
GL - GLUTEN

Wheat, rye, barley and oats is often found in foods containing flour such as some types of baking powder and fried foods which are dusted with flour.



CR - CRUSTACEANS

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



E - EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



F - FISH

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



L - LUPIN

Yes, lupin is a flower, but it's also found in flour! Lupin flower and seeds can be used in some types of bread, pastries and even in pasta.



D - DAIRY

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



MO - MOLLUSCS

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



MU - MUSTARD

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salads dressings, sauces and soups.



N - NUTS

This refers to nuts such as cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders, stir-fried dishes, ice cream, marzipan, nut oils and sauces.



P - PEANUTS

Peanuts grow underground. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



SS - SESAME SEEDS

These can often be found in bread (sprinkled on burger buns for example), breadsticks, hummus, sesame oil and tahini. They are sometimes toasted and used in salads.



S - SOYA

Soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products sauces and vegetarian products.



SD - SULPHUR DIOXIDE

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks and vegetables.



V – VEGETARIAN



H - HALAL



GF – GLUTEN FREE