



Buttery Lent Term 2017 Week 1, 5, 9

Monday Lunch

Baked garlic and fish pie with sliced potato

Vegetable Kiev (v)

Courgette and bean and enchiladas (Vegan) LC

Monday Dinner (Theme Night Wk 5)

Cajun grilled salmon with salsa H

Roasted pepper and potato frittata (V)

Vegetable paella (vegan) LC

Tuesday Lunch

Salted caramel glazed pork leg

Local game and vegetable stew with dumplings

Baked mediterranean vegetables and tofu (V) H

Tuesday Dinner

Pork and apple burger

Turkey bolognese with whole-wheat pasta LC

Falafel burger with hummus and salsa (Vegan)

Wednesday Lunch

Mustard glazed topside of beef with Yorkshire pudding

Pork, bean and chorizo stew H

Pasta penne with broccoli and peppers (V)

Wednesday Dinner

Grilled chicken breast LC

Gammon New Orleans style

Cheese and onion pasty (v)

Thursday Lunch

Tamarind baked gammon

Beef Lasagne

Sweet potato, spinach and lentil stew (Vegan) H

Meat Free Monday

LC = Low Calorie
All Below 350
Calories



For information about Ingredients including Allergens please scan the QR code, visit the web site or speak to a member of the Buttery Staff.





Thursday Dinner

[Steak mushroom & Guinness pie](#)
[Baked fish with salsa verde](#) LC
[Sun dried tomato & peppers with spinach & rice](#) (Vegan) LC

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Friday Lunch

[Rosemary roasted lamb](#)
[Battered fish of the day](#)
[Macaroni cheese](#) (v)

Friday Dinner

[Pork steak with green beans and peppers with black beans](#)
[Poached chicken in tomato sauce](#) LC
[Lentil and vegetable chilli](#) (Vegan)

Saturday

[Brunch 11:30 – 13:30](#)

Saturday Dinner

[Chicken and bacon pie](#)
[Grilled fish fillet of the day with lime and tomato salsa](#)
[Vegetable and lentil korma](#) (vegan)

Sunday

[Brunch 11:30 – 13:30](#)

Sunday Dinner

[Roast honey glazed gammon](#)
[Roast silverside of beef](#)
[Vegetable and quorn cottage pie](#) (V)



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Buttery Lent Term 2017 Week 2 & 6

Monday Lunch

[Thai marinated and charred tuna steak](#) LC
[Creamy leek, potato and cheese pie](#) (v)
[Courgette and cauliflower curry](#)

Monday Dinner

[Smoked fish and pea hotpot with mustard sauce](#)
[Lentil and mushroom lasagne](#) (v)
[Cajun rice and beans](#) (vegan) LC

Tuesday Lunch

[Roast pork with chilli and onion jam](#)
[BBQ chicken thighs](#) LC
[Baby corn, green pepper and oyster mushroom in a black bean sauce](#) (vegan) LC

Tuesday Dinner

See separate menu

Wednesday Lunch

[Roast silverside of beef](#) with [Yorkshire pudding](#) LC
[Local game sausages with onion gravy](#)
[Vegetable fajitas](#) (vegan) LC

Wednesday Dinner

[Plum sauce glazed duck leg](#)
[Cod with rarebit sauce](#)
[Aubergine and lentil curry](#) (vegan) LC

Thursday Lunch

[Jerk baked bacon](#)
[Chicken and coconut curry with coriander](#)
[Farfalle with courgettes, tomato and dill](#) (vegan) LC

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Thursday Dinner

[Sweet and sour chicken stir fry](#) LC
[Roast salmon with mustard aioli](#)
[Veggie burger with spicy salsa](#) (v) LC

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Friday Lunch

[Redcurrant glazed lamb](#) LC
[Battered fish of the day](#)
[Squash and red onion quiche](#) (v)

Friday Dinner

[Chicken korma](#)
[Baked fish with vegetable pasta and herb oil](#) LC
[Thai vegetable curry with coconut and coriander](#) (vegan) LC

Saturday

[Brunch 11:30 – 13:30](#)

Saturday Dinner

[Beef and pork meatballs, tomato sauce with pasta](#)
[Meat pizza](#)
[Falafel and salad wrap](#) (v)

Sunday

[Brunch 11:30 – 13:30](#)

Sunday Dinner

[Baked turkey breast](#)
[Roast loin of pork](#)
[Roast winter vegetables, tofu and chickpeas](#) (vegan) LC



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Buttery Lent Term 2017 Week 3 & 7

Monday Lunch

Prawn, squash & pepper curry

Cannelloni verde (v)

Falafel balls with harissa dressing (Vegan) LC

Monday Dinner

Breaded plaice fillet

Sweet and sour quorn stir fry (v) LC

Boston bean and sweet potato casserole (vegan) LC

Tuesday Lunch

Cider braised pork

Smoked fish and pasta with chervil cream

Vegetables and chickpea tagine with apricot and almonds (vegan) LC

Tuesday Dinner

Theme night
See separate menu

Wednesday Lunch

Horseradish roasted beef

Baked chicken breast with a mushroom cream sauce

Mushroom, leek and sundried tomato with stir fried rice (v) LC

Wednesday Dinner

Chicken Kiev LC

Pulled brisket chilli LC

Vegetable and bean enchiladas (v) LC

Thursday Lunch

Hoi sin baked bacon joint

Beef lasagne

Mediterranean vegetable and feta crumble (v)

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Thursday Dinner

[Breaded pork escalope with roast garlic mayo](#)
[Creamy fish pie with sliced potatoes](#)
[Vegetable dhal with lime pickle \(v\) LC](#)

Friday Lunch

[Lemon and garlic baked lamb](#)
[Battered fish of the day](#)
[Vegetable and lentil hot-pot \(vegan\) LC](#)

Friday Dinner

[Chicken rendang](#)
[Beef burger with cheese](#)
[Spicy black eyed beans, aubergines and tomato \(vegan\) LC](#)

Saturday

[Brunch 11:30 – 13:30](#)

Saturday Dinner

[Toad in the hole](#)
[Tuna and pasta bake](#)
[Vegetarian toad in the hole \(v\)](#)

Sunday

[Brunch 11:30 – 13:30](#)

Sunday Dinner

[Roast chicken breast and stuffing](#)
[Roast topside of beef](#)
[Ricotta and spinach pasta \(v\)](#)

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Buttery Lent Term 2017 Week 4 & 8

Monday Lunch

- [Mexican fish stew](#) LC
- [Roast tofu with green bean and almonds](#) (Vegan) LC
- [Mushroom and courgette pasta](#) (vegan)

Monday Dinner

- [Poached haddock with cheese and chive sauce](#)
- [Grilled vegetable ravioli & chunky veg sauce](#)
- [Vegetable spring rolls with sweet chilli sauce](#) (v) LC

Meat Free Monday

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Tuesday Lunch

- [Roast pork with apple sauce](#)
- [Beef goulash with sour cream](#) LC
- [Vegetable pakora](#) (v)

Tuesday Dinner

Theme night
See separate menu

Wednesday Lunch

- [Mustard and honey roasted beef](#) LC
- [Sausage and leek hash](#)
- [Quorn and vegetable casserole](#) (v)

Wednesday Dinner

- [Spicy pork burgers with mozzarella cheese](#)
- [Fish with potatoes, garlic, capers & lemon](#) LC
- [Pasta arrabiata](#) (v)

Thursday Lunch

- [Roast turkey](#) LC
- [Szechuan chicken stir-fry with mushroom and peppers](#) LC
- [Spicy bean burger with salad garnish](#) (vegan) LC



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Thursday Dinner

[Shepherd's pie](#)

[Piri piri pork steak](#)

[Grilled halloumi, roasted vegetable pitta](#) (v) LC

Friday Lunch

[Mint jelly glazed lamb leg](#)

[Battered fish of the day](#)

[Vegetable korma](#) (v) LC

Friday Dinner

[Spanish meatballs in spicy tomato sauce](#)

[Fish cakes](#)

[Gnocchi with peppers in spicy tomato sauce](#) (v) LC

Saturday

[Brunch 11:30 – 13:30](#)

Saturday Dinner

[Chicken enchiladas](#)

[Pasta carbonara](#)

[Vegetarian pizza](#) (v)

Sunday

[Brunch 11:30 – 13:30](#)

Sunday Dinner

[Roast turkey](#)

[Roast bacon](#)

[Squash, pea and feta frittata](#) (V)

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