



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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Calories

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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