



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

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

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

[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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