Ashford and St. Peter's Hospitals Goodness
Nutrition for you

ASH & OAK MENU

Lunch Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chicken pasta bake Macaroni cheese v Vegan beany bolognaise pasta* vg	Roast beef Chicken nuggets Vegan cottage pie vg	Roast turkey Fish fingers Vegan vegetable chilli vg	Tuna & cheese pasta bake Roast Chicken Vegan beany bolognaise pasta* vg	Breaded fish fillets Beef lasagne Vegan sweet and sour vegetables vg	Chicken nuggets Fish pie Creamy vegetables pasta v	Roast chicken Vegetarian sausages v Macaroni cheese v
Mashed potato Garlic bread	Potato wedges Roast potatoes	Rice Roast potatoes Mashed potato Yorkshire pudding	Mashed potato Garlic bread	Chips Rice Garlic bread	Potato wedges Garlic bread	Roast potatoes Yorkshire pudding Parmentier potatoes
Broccoli Baby carrots	Vegetable medley Baked beans	Garden peas Cauliflower	Sweetcorn Mixed vegetable	Baked beans Garden peas	Mixed vegetables Baked beans	Vegetable medley Broccoli
Jam sponge Chocolate muffin Yoghurt Custard Fruit in Juice Ice cream	Strawberry cheesecake Chocolate & pear crumble Yoghurt Custard Fruit in Juice Ice cream	Sticky toffee pudding Lemon cake Yoghurt Custard Fruit in Juice Ice cream	Raspberry & white chocolate muffin Fruit of forest sponge Yoghurt Custard Fruit in Juice Ice cream	Chocolate sponge Lemon muffin Yoghurt Custard Fruit in Juice Ice cream	Chocolate brownie Apple & blackberry pie Yoghurt Custard Fruit in Juice Ice cream	Jam sponge Chocolate Trifle Yoghurt Custard Fruit in Juice Ice cream

*Please order pasta as a separate item to go with this option.

V – Vegetarian vg - Vegan

Ashford and St. Peter's Hospitals Goodness
Nutrition for you

ASH & OAK MENU

Supper Menu Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beef Casserole	Sausages	Beef Lasagne	Sausages with Onions	Beef Bolognaise Pasta	Cottage Pie	Beef Lasagne
Vegetable Moussaka v	Vegan Beany Bolognaise Pasta* vg	Macaroni Cheese v	Vegan Cottage Pie vg	Vegetarian Burger v	Vegetable Moussaka v	Vegan Beany Bolognaise Pasta* vg
Mashed Potato Garlic Bread	Mashed Potato Steamed Potatoes	Chips Garlic Bread	Mashed Potato Potato Wedges	Potato Croquette Garlic Bread	Steamed Potato Parmentier Potatoes	Garlic Bread Skin on Steamed Potatoes
Cauliflower Garden Peas	Vegetable Medley Garden Peas	Baby Carrots Sweetcorn	Green Beans Carrots	Sweetcorn Mixed Vegetables	Broccoli Vegetable Medley	Garden Peas Baby Carrots
Chocolate brownie Strawberry trifle Yoghurt Custard Fruit in Juice Ice Cream	Carrot cake Yoghurt Custard Fruit in Juice Ice Cream	Strawberry Cheesecake Blueberry muffin Yoghurt Custard Fruit in Juice Ice Cream	Rice Pudding Yoghurt Custard Fruit in Juice Ice Cream	Carrot Cake Yoghurt Custard Fruit in Juice Ice Cream	Chocolate Brownie Carrot Cake Yoghurt Custard Fruit in Juice Ice Cream	Strawberry & white chocolate muffin Yoghurt Custard Fruit in Juice Chocolate ice cream

*Please order pasta as a separate item to go with this option.

V – Vegetarian vg - Vegan