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

ASH & OAK MENU

Lunch Menu Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chicken casserole Tuna & cheese pasta bake Vegan vegetable chilli vg	Macaroni cheese Sweet & sour chicken Ratatouille pasta v	Beef Lasagne Fish Pie Creamy vegetable pasta v	Meatballs in tomato sauce with pasta* Chicken goujons Vegetable moussaka V	Breaded fish fillets Pork Teriyaki Vegan Cottage Pie vg	Chicken pasta bake Fish fingers Vegetable lasagne v	Roast turkey Cauliflower Cheese v Vegan Beany bolognaise with pasta* vg
Rice Steamed potato Dumplings	Rice Mashed potato Garlic bread	Parmentier potato Garlic bread	Chips Garlic bread	Chips Rice	Potato wedges Mashed potato Garlic bread	Roast potatoes Yorkshire pudding
Sweetcorn Carrots	Vegetable medley Broccoli	Sweetcorn Green Beans	Carrots Mixed vegetable	Vegetable medley Garden peas	Baked beans Carrots	Vegetable medley Broccoli
Lemon cake Yoghurt Custard Fruit in Juice Chocolate Ice cream	Jam sponge Yoghurt Custard Fruit in Juice Ice cream	Plum & apple crumble Yoghurt Custard Fruit in Juice Ice cream	Chocolate sponge Raspberry & white chocolate muffin Yoghurt Custard Fruit in Juice Ice cream	Chocolate muffin Bread & butter pudding Yoghurt Custard Fruit in Juice Ice cream	Blueberry Muffin Apple & blackberry pie Yoghurt Custard Fruit in Juice Ice cream	Sticky toffee pudding 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 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Beef cottage pie Vegan cottage pie vg	Roast beef Vegetable lasagne v	Roast chicken Vegetarian burger v	Sausages with Onions Vegan beany bolognaise pasta* vg	Beef Bolognaise Pasta* Vegetarian Sausages v	Cottage Pie Ratatouille pasta v	Chicken & Mushroom Pie Vegetable casserole with dumplings v
Skin on Steamed Potato Parmentier Potato	Mashed potato Garlic Bread	Chips Potato wedges	Mashed Potato	Parmentier potato Garlic Bread	Garlic bread Steamed Potato	Potato wedges Mashed potato
Vegetable medley Garden peas	Carrots Green beans	Cauliflower Baked beans	Garden peas Sweetcorn	Broccoli Mixed Vegetables	Garden peas Vegetable Medley	Cauliflower Carrots
Chocolate brownie Strawberry trifle Yoghurt Custard Fruit in Juice Ice Cream	Lemon Sponge Yoghurt Custard Fruit in Juice Ice Cream	Blueberry muffin Yoghurt Custard Fruit in Juice Ice Cream	Sticky Toffee Pudding Yoghurt Custard Fruit in Juice Strawberry Ice Cream	Carrot Cake Strawberry cheesecake Yoghurt Custard Fruit in Juice Ice Cream	Chocolate Brownie Rice pudding Yoghurt Custard Fruit in Juice Ice Cream	Lemon 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