

SPRING BIH MENU - WEEK 1&2 SUPPER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STARTER						
Tinned Soup <i>(Available from BIH Kitchen)</i>						
Apple Juice or Orange Juice						
MAIN COURSE						
AF - Butterbean & Cauliflower Curry served with yellow rice (GF/VGN)						
AF - Provençal Vegetable Bake with a medley of green beans, peas and broccoli (GF/VGN)						
AF - Spicy Bean Casserole served with potato wedges and a medley of broccoli, peas and sweetcorn (GF/VGN)						
Mushroom, Leek & Cheddar Bake served with broccoli and red cabbage (V) <i>(contains - Milk)</i>						
AF - Roast Chicken in Gravy served with roast potatoes, peas and mashed carrot (GF)						
AF - Chicken, Bacon & Thyme Hotpot served with a medley of broccoli and green beans, and a side of mashed carrot & swede (GF)						
AF - Sweet & Sour Chicken served with white rice mixed with peas and peppers (GF)						
AF - Pork in Gravy served with roast potatoes and a side of carrots and peas (GF)						
AF - Lamb Keema served with fragrant rice (GF)						
AF - Chilli Con Carne served with vegetable rice (GF)						
AF - Roast Beef in Gravy served with roast potatoes, carrots and peas (GF)						
AF - Cottage Pie served with thyme infused carrots and swede (GF)						
Salmon Fillet in Mint Butter Sauce served with boiled potatoes and a medley of peas and carrots (GF) <i>(contains - Fish, Milk, Sulphites)</i>						
Fish Pie served with a medley of butternut squash, cauliflower and broccoli (GF) <i>(contains - Fish, Milk)</i>						
Jacket Potato with Baked Beans						
Jacket Potato with Grated Cheese <i>(contains - Milk)</i>						
DESSERT						
Apple Crumble <i>(contains - Wheat, Oats)</i>						
Plum & Cherry Crumble <i>(contains - Wheat, Oats)</i>						
Fruit Yoghurt						
DESSERT ACCOMPANIMENT						
Custard <i>(Available from BIH Kitchen)</i>						
SNACK						
Satsuma	Plum	Banana	Apple	Pear	Satsuma	Banana