

WEEKLY

# MENU

## Bexhill Autumn/Winter 22 - Week 3



### Monday

Baked Beef Lasagne with  
Parmesan Crust & Salad

Goat's Cheese & Beetroot Tart  
(V)

Mixed Salad

Glazed Carrots

Caramelised Ginger &  
Pineapple Sponge with  
Custard

### Tuesday

BBQ Chicken Thighs with Red  
Cabbage Slaw

Spinach & Vegetable Tortilla  
with Green Salad (V)

Pilaf Rice & Steamed New  
Potatoes

Fresh Vegetables

Sticky Toffee Pudding with  
Butterscotch Sauce

### Wednesday

Roast Gammon served with  
Roast Potatoes & Gravy

Vegetable Sausage Roll with  
Onion Jam with Roast  
Potatoes (V)

Fresh Roasted Vegetables

Apple Crumble with Custard

### Thursday

Minced Beef Hotpot with  
Sliced Potatoes

Moroccan Style Vegetable  
Stew with Coriander Cous  
Cous (V)

Fresh Vegetables

Chocolate Beetroot Cake &  
Chocolate Sauce

### Friday

Breaded Fish Fillet with Tartare  
Sauce & Lemon

Southern Fried Chicken Thigh

Chunky Chips

Garden Peas or Baked Beans

Banana and Caraway Cake  
with Vanilla Sauce

#### Available daily

A selection of Sandwiches, Wraps, Baguettes, Pasta Pots & Salad Bar.

Also see the Grab & Go section for quick hot & cold snacks, fresh fruit & a selection of Home bakes.