

Dame Elizabeth Cadbury Bistro Menu

April – July 2021

Week 1

Monday	Main Course	BBQ chicken wings and savoury rice (H,G,C) Beef chilli con carne with diced potatoes (H,G)
	Vegetarian Main	Zingy pepper pasta
	Jacket Potatoes or toasties	Cheese, Tuna Mayo or Beans (V,D) Cheese and tomato toasties (GL,D,S,V)
	Dessert	Chocolate Cracknel (G,D)
Tuesday	Main Course	Beef Cheeseburger (G,D,SD) BBQ chicken and rice wrap (H,G,C)
	Vegetarian Main	Cheese pizza panini (G,D,V) Cheesy jacket skins (V,D)
	Served With	Salad and wedges (GF,V)
	Dessert	Chocolate Crunch (E,D,G)
Wednesday	Main Course	Chinese chicken curry (H,G,MU,CE) OR Cheese and Ham Toasties (GL,D,S)
	Vegetarian Main	Vegetables in black bean sauce (V,G) OR Cheese toasties (GL,D,S,V)
	Served With	Vegetables noodles (G,E,V) or Rice (V)
	Dessert	Vanilla Sponge (V,E,G)
Thursday	Main Course	Italian Chicken and Peppers(H,CE,C,SD) or Tomato and basil Meatballs (GL,CE,S,SD)
	Vegetarian Main	Italian Tomato Pasta Bake (V,G) OR Cheese and tomato Toasties (GL,D,S,V)
	Served With	Salad or Pasta(GL,V)
	Dessert	Flapjack (G,D)
Friday	Main Course	Meat Feast Pizza (D,GL,SS,S,SD)
	Vegetarian Main	Cheese & Tomato Pizza (V,D,GL,SS,S)
	Served With	Chips, Beans, Sweetcorn & Curry Sauce (V,SD,CE,M,W)
	Dessert	Jam Donuts (V,D,E,SS)

Week 1

Week 2

Week 3

Week 4

April 2021							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
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May 2021							
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June 2021							
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Week 2

Monday	Main Course	Beef Lasagne With Garlic Bread (H,D,MU,GL,,CE,E,SS,S)
	Vegetarian Main	Macaroni Cheese With Garlic Bread(V,D,E,CE,C) Cheese Toasties (GL,D,S,V)
	Served With	Pomme Noisettes (GF,V) Beans(V) OR peas (v)
	Dessert	Mixed Cookies (v,e,d,w)
Tuesday	Main Course	Crispy Chicken & Lettuce Wrap(H,W,E) Ham and Cheese Toasties (GL,S,D)
	Vegetarian Main	Pizza Paninis (GL,V,D)
	Served With	Diced Potatoes, Beans or Sweetcorn (v)
	Dessert	Lemon Drizzle Sponge(V,E,GL)
Wednesday	Main Course	Chicken Burgers(H,CE,E,GL)
	Vegetarian Main	Vegan Burger with Salad in a Flour Bap (ve) Cheese and Tomato Toastie (GL,S,D,V)
	Served With	Crispy Wedges OR Beans (GL,V)
	Dessert	Chocolate & Vanilla Muffins (v,d,e,w)
Thursday	Main Course	Homemade Chicken and Gravy Pie (H,CE,GL,E,D)
	Vegetarian Main	Cornish vegetable pasties (V,D,G) Cheese and Tomato Toasties (D,S,GL,V)
	Served With	Roast Potatoes, Carrots, Peas and Gravy (v,gf)
	Dessert	Cherry Crumble & Custard (v,d,w,m)
Friday	Main Course	Battered Cod Fillet (F,D,E,GL,MU) Or Chicken goujons (H,G,D,E)
	Vegetarian Main	Oven baked Quorn Sausages (E,GL,D,V)
	Served With	Farmhouse Fries, Beans or Peas and Curry Sauce (V,SD,CE,M,W)
	Dessert	Sugar Ring Donuts (E,D,SS,C,V)

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Week 3		
Monday	Main Course	Pork Sausage Roll(GL,D,E)
	Vegetarian Main	Cheese and Onion Pasty's (D, GL) Or Vegetable Pasta (V,GL)
	Served With	Twister Fries, Beans(V) OR Filled Jacket Potato (v)
	Dessert	Chocolate Cracknell (C,D)
Tuesday	Main Course	Sweet and Sour Chicken (H,GL,CE) Ham and Cheese Toasties (S,D,GL)
	Vegetarian Main	Vegetable Noodles (GL,E) Or Cheesy Potato Skins (D,GF,V)
	Served With	Prawn Crackers, Rice or Beans (F,CR,GL,S,CE,D)
	Dessert	Flapjack (C,D)
Wednesday	Main Course	BBQ Pulled Pork Baguettes (SD,CE,GL) chicken tikka baguette (H,G,D,SD)
	Vegetarian Main	Cheesy BBQ Nachos (GL,V,D) Cheese and pepper flan (V,D,E,G)
	Served With	Diced Potatoes, Beans or Sweetcorn (v)
	Dessert	Chocolate Crunch (V,D,G)
Thursday	Main Course	Roast Turkey (H)
	Vegetarian Main	Quorn Roast& Stuffing (V,E,D,GL,CE) Cheese and Tomato Toasties (GL,S,D,V)
	Served With	Roast Potatoes, Carrots, Cauliflower & Gravy (V,GF)
	Dessert	Jam & Coconut Sponge with Custard (V,D,E)
Friday	Main Course	Chicken Goujons (H,D,E,GL)
	Vegetarian Main	Quorn Bites (V,D,E,CE)
	Served With	Farmhouse Fries, Peas, Beans, Curry Sauce (V,SD,CE,M,W)
	Dessert	Mixed Cookies (V,E,D,W)

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Week 4		
Monday	Main Course	Chicken and Pepper Enchiladas(H,D,CE,GL,SS)
	Vegetarian Main	Mexican Bean Chilli and rice (V,GL) Tomato and Basil Pasta (V,GL) Cheese Toasties (GL,D,S,V)
	Served With	Rice and Garlic Bread(V,GL,D)
	Dessert	Shortbread (V,D)
Tuesday	Main Course	Chicken and roasted veg fajitas (GL,H,CE,S) Ham and Cheese Toasties (GL,S,D)
	Vegetarian Main	Cheese Paninis (D,V,GL) Fajita veg wraps (V,D,G)
	Served With	Hash Browns (GF,V) Beans (V)
	Dessert	Chocolate Crunch (V,D,W)
Wednesday	Main Course	Chicken Curry (H,G,E,D)
	Vegetarian Main	Veg, potato and spinach tikka masala (V,D,E,MU) Filled Jacket Potato (V) Cheese and tomato Toasties (GL,V,D,S)
	Served With	Rice and poppadum
	Dessert	Vanilla Sponge (V,E)
Thursday	Main Course	Pork Sausage(SD,GL,MU,CE) Ham and Cheese Panini (GL,S,D)
	Vegetarian Main	Quorn Sausage & Stuffing(V,E,GL,D) Pizza Panini (GL,D,S,V)
	Served With	Roast Potatoes, Carrots, Cauliflower & Broccoli with Gravy (V,GF)
	Dessert	Chocolate Cracknell (V,D)
Friday	Main Course	Southern Fried Chicken Fillets (H,E,GL)
	Vegetarian Main	Southern Fried Quorn Bites (V,D,E,CE) Cheese Toasties (V,S,D,GL)
	Served With	Farmhouse Fries, Beans, Sweetcorn or Curry Sauce (v,sd,ce,m,w)
	Dessert	Jam Donuts (V,D,E,SS)

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P - PEANUTS
N - NUTS (TREE NUTS)
D - DAIRY PRODUCTS
S - SOYA
MU - MUSTARD
L - LUPIN
E - EGGS
F - FISH
GL - GLUTEN
CR - CRUSTACEANS (PRAWNS)
MO - MOLLUSCS (SCALLOPS, MUSSELS)
SS - SESAME SEED
CE - CELERY
SD - SULPHUR DIOXIDE



CE - CELERY

This includes celery stalks, leaves, seeds and the root called celeriac. You can find celery in salt, salads, some meat products, soups and stock cubes.



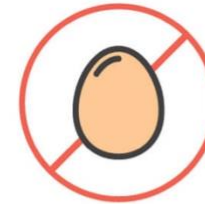
GL - GLUTEN

Wheat, rye, barley and oats is often found in foods containing flour such as some types of baking powder and fried foods which are dusted with flour.



CR - CRUSTACEANS

Crabs, lobster, prawns and scampi are crustaceans. Shrimp paste, often used in Thai and south-east Asian curries or salads, is an ingredient to look out for.



E - EGGS

Eggs are often found in cakes, some meat products, mayonnaise, mousses, pasta, quiche, sauces and pastries or foods brushed or glazed with egg.



F - FISH

You will find this in some fish sauces, pizzas, relishes, salad dressings, stock cubes and Worcestershire sauce.



L - LUPIN

Yes, lupin is a flower, but it's also found in flour! Lupin flower and seeds can be used in some types of bread, pastries and even in pasta.



D - DAIRY

Milk is a common ingredient in butter, cheese, cream, milk powders and yoghurt. It can also be found in foods brushed or glazed with milk, and in powdered soups and sauces.



MO - MOLLUSCS

These include mussels, land snails, squid and whelks, but can also be commonly found in oyster sauce or as an ingredient in fish stews.



MU - MUSTARD

Liquid mustard, mustard powder and mustard seeds fall into this category. This ingredient can also be found in breads, curries, marinades, meat products, salads dressings, sauces and soups.



N - NUTS

This refers to nuts such as cashew nuts, almonds and hazelnuts. You can find nuts in breads, biscuits, crackers, desserts, nut powders, stir-fried dishes, ice cream, marzipan, nut oils and sauces.



P - PEANUTS

Peanuts grow underground. Peanuts are often used as an ingredient in biscuits, cakes, curries, desserts, sauces (such as satay sauce), as well as in groundnut oil and peanut flour.



SS - SESAME SEEDS

These can often be found in bread (sprinkled on burger buns for example), breadsticks, hummus, sesame oil and tahini. They are sometimes toasted and used in salads.



S - SOYA

Soya is a staple ingredient in oriental food. It can also be found in desserts, ice cream, meat products sauces and vegetarian products.



SD - SULPHUR DIOXIDE

This is an ingredient often used in dried fruit such as raisins, dried apricots and prunes. You might also find it in meat products, soft drinks and vegetables.



V - VEGETARIAN



H - HALAL



GF - GLUTEN FREE