



Buttery Lent Term 2017 Week 2 & 6

Monday Lunch

[Thai marinated and charred tuna steak](#) LC  
[Creamy leek, potato and cheese pie](#) (v)  
[Courgette and cauliflower curry](#)

Monday Dinner

[Smoked fish and pea hotpot with mustard sauce](#)  
[Lentil and mushroom lasagne](#) (v)  
[Cajun rice and beans](#) (vegan) LC

Tuesday Lunch

[Roast pork with chilli and onion jam](#)  
[BBQ chicken thighs](#) LC  
[Baby corn, green pepper and oyster mushroom in a black bean sauce](#) (vegan) LC

Tuesday Dinner

See separate menu

Wednesday Lunch

[Roast silverside of beef](#) with [Yorkshire pudding](#) LC  
[Local game sausages with onion gravy](#)  
[Vegetable fajitas](#) (vegan) LC

Wednesday Dinner

[Plum sauce glazed duck leg](#)  
[Cod with rarebit sauce](#)  
[Aubergine and lentil curry](#) (vegan) LC

Thursday Lunch

[Jerk baked bacon](#)  
[Chicken and coconut curry with coriander](#)  
[Farfalle with courgettes, tomato and dill](#) (vegan) LC

LC = Low Calorie  
All Below 350  
Calories

Meat Free Monday



For information about [Ingredients](#) including [Allergens](#) please scan the QR code, visit the web site or speak to a member of the Buttery Staff.





Thursday Dinner

[Sweet and sour chicken stir fry](#) LC  
[Roast salmon with mustard aioli](#)  
[Veggie burger with spicy salsa](#) (v) LC

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Calories

Friday Lunch

[Redcurrant glazed lamb](#) LC  
[Battered fish of the day](#)  
[Squash and red onion quiche](#) (v)

Friday Dinner

[Chicken korma](#)  
[Baked fish with vegetable pasta and herb oil](#) LC  
[Thai vegetable curry with coconut and coriander](#) (vegan) LC

Saturday

[Brunch 11:30 – 13:30](#)

Saturday Dinner

[Beef and pork meatballs, tomato sauce with pasta](#)  
[Meat pizza](#)  
[Falafel and salad wrap](#) (v)

Sunday

[Brunch 11:30 – 13:30](#)

Sunday Dinner

[Baked turkey breast](#)  
[Roast loin of pork](#)  
[Roast winter vegetables, tofu and chickpeas](#) (vegan) LC



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