

RIDGEWOOD SEASONAL KITCHEN MENU

WEEK ONE

	MEAT MAIN	VEGGIE MAIN	VEGETABLES & STARCH
MONDAY	Aromatic Malaysian Chicken Curry	Chickpea & Vegetable Korma <i>Vegetarian</i>	Steamed Rice, Poppadum's & Chutneys
TUESDAY	g Carbon Reduced Cottage Pie	Homemade Cheese & Onion Pasty <i>Vegetarian</i>	Handmade Wedges Cauliflower Green Beans
WEDNESDAY	Traditional Bangers & Mash Served with Onion Gravy	g Eat Curious Vegan Bolognese <i>Vegetarian</i>	Mashed Potato Carrots and Broccoli
THURSDAY	Jamaican Jerk Chicken Ramen Bowl	Vegetable Spring Rolls <i>Vegetarian</i>	Stir Fried Vegetables Egg Noodles
FRIDAY	Fish & Chips Freshly Battered Catch of the Day	Moroccan Spiced Bhaji <i>Vegetarian</i>	Chips, Mushy Peas, Beans, Gravy, Curry Sauce

**New
for
Nov
25**

**Grab
& Go!**

**AVAILABLE
DAILY**

**GRAB 'N' GO
Station**

*Jacket Potatoes
+ Fresh Salads*

*Freshly Made
Sandwiches &
& Baguettes
Selection of meat,
fish & vegetarian*

*Freshly Made
Paninis*



**COMING
Soon**



FOOD ALLERGIES & INTOLERANCES

If you require information on allergens or suffer from a food intolerance, please speak to a team member before you order food or drinks

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WEEK TWO

	MEAT MAIN	VEGGIE MAIN	VEGETABLES & STARCH
MONDAY	Chicken Tikka Rogan Josh	Sweet Potato and Butternut Squash Butter Curry <i>Vegetarian</i>	Basmati Rice, Poppadum's & Chutneys
TUESDAY	g Reduced Carbon Beef Lasagne Garlic & herb slice	Roasted Vegetable & Pesto Pasta Bake <i>Vegetarian</i>	Garlic Bread House Salad Sweetcorn
WEDNESDAY	Traditional Toad in the Hole	Toadless in the Hole <i>Vegetarian</i>	Roast Potatoes Buttered Carrots Garden Peas Gravy
THURSDAY	Salt and Pepper shredded topped Macaroni	Salsa topped Macaroni Cheese <i>Vegetarian</i>	A Garlic Slice & Rainbow Slaw
FRIDAY	Fish & Chips Freshly Battered Catch of the Day	Dirty Nacho's with a choice of toppings <i>Vegetarian</i>	Chips Mushy Peas Gravy Curry Sauce

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	MEAT MAIN	VEGGIE MAIN	VEGETABLES & STARCH
MONDAY	9 Reduced Carbon Chilli Beef	Vegetable Chilli <i>Vegetarian</i>	Spicy Rice, El Loco BBQ Bean, Mexican Slaw.
TUESDAY	Tandoori Chicken Curry	Chickpea and Coriander Curry <i>Vegetarian</i>	Basmati Rice, Poppadum's & Chutneys
WEDNESDAY	Beef, onion & Potato Short Crust Pie	Roasted Root Vegetable Hot Pot <i>Vegetarian</i>	Creamy Mash & Seasonal Vegetables
THURSDAY	<u>Build a Burger.</u> Chose from a selection of Burgers & Toppings to create a Burger that's just for you	<u>Build a Burger.</u> Chose from a selection of Burgers & Toppings to create a Burger that's just for you	Rainbow Slaw & Seasoned Potato Wedges
FRIDAY	Fish & Chips Freshly Battered Catch of the Day	Battered dippers <i>Vegetarian</i>	Chips Mushy Peas Gravy Curry Sauce

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