



Lions Centre – February Half Term Sample Menu

Saturday 13th February	Sunday 14th February
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Breakfast

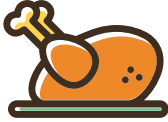
<p>Continental Breakfast Fresh Fruit – apples Orange, banana Tea and Coffee Juice - Orange, blackcurrant Toast and Jam Cereals: Coco pops, Frosties, Muesli</p>	
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Lunch – 1255 -13.45

<p>Korean Bulgogi - tender chicken skewers marinated in korean spices and glazed with a bulgogi bbq sauce served with sticky coconut rice (sesame,soy)</p>	<p>PIRI PIRI CHICKEN - chicken thighs marinated in a spice blend and finished with a piri piri sauce served with a garlic and herb sweet potato mash and roasted peppers (gluten,celery)</p>
Juice - Orange, blackcurrant	Juice - Orange, blackcurrant
Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana

Juice - Orange, blackcurrant	Juice - Orange, blackcurrant
Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana

Supper 1830

<p>Kashmiri Lamb - low and slow cooked lamb leg in an aromatic Indian spice blend tomato stock based sauce, finished with spinach, roast sweet potato and fragrant rice (mustard)</p>	<p>PANDA ORANGE CHICKEN - crispy chicken strips in sweet and sour sticky orange sauce served with chow mein stir fry noodles (gluten,soy,sesame,egg,dairy)</p> 
Desert: Ice cream and Muffins	Desert: Ice cream and Muffins




Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18 th	Friday 19 th	Saturday 20 th	Sunday 21 st
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Breakfast

Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast
Fresh Fruit – apples Orange, banana	Fresh Fruit – apples Orange, banana	Fresh Fruit – apples Orange, banana	Fresh Fruit – apples Orange, banana	Fresh Fruit – apples Orange, banana	Fresh Fruit – apples Orange, banana	Fresh Fruit – apples Orange, banana
Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee
Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant
Toast and Jam	Toast and Jam	Toast and Jam	Toast and Jam	Toast and Jam	Toast and Jam	Toast and Jam
Cereals: Coco pops, Frosties, Muesli	Cereals: Coco pops, Frosties, Muesli	Cereals: Coco pops, Frosties, Muesli	Cereals: Coco pops, Frosties, Muesli	Cereals: Coco pops, Frosties, Muesli	Cereals: Coco pops, Frosties, Muesli	Cereals: Coco pops, Frosties, Muesli

Lunch – 1255 -13.45

<p>CHICKEN & CHORIZO PAELLA Slow cooked chicken skewers served with a rich and flavoursome sticky chorizo rice, cooked low and slow for full flavour. served with an oven roasted</p>	<p>HUNTERS CHICKEN (POLLO ALLA CACCIATORA) chicken baked in a rich bacon and mushroom smokey tomato ragu served with saute potatoes and baked cheese top (dairy)</p>	<p>CHICKEN SATAY - tender skewers of marinated chicken in a rich satay marinade, served with wok fried egg rice (peanuts/egg/sesame)</p>	<p>SWEDISH STYLE MEATBALLS - pork meatballs baked in a pancetta and mushroom tomato ragu served with fusilli pasta (gluten)</p> 	<p>TANDOORI BEEF - slow cooked marinated beef strips skewered, in an aromatic tandoori spice mix finished with a spiced cous cous and chick pea salad and yoghurt dressing (gluten/dairy/celery)</p>		
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tomato sauce (no allergen)						
Mixed salad	Mixed salad	Mixed salad	Mixed salad	Mixed salad	Potato salad	
Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant
Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana

Mixed salad	Mixed salad	Mixed salad	Mixed salad	Mixed salad	Potato salad	
Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant

Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana
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Supper 1830

<p>TERIYAKI CHICKEN NOODLE STIR FRY - marinated chicken in a sweet citrus stock, wok fried with udon noodles, crunchy baby veg and finished with a sweet and sour reduction sauce (egg/dairy/gluten/mustard/celery)</p>	<p>MASSAMAN THAI BEEF CURRY - tender strips of beef cooked low and slow in a thai spice blend and reduced in a rich coconut and beef sauce. served with sticky thai rice and crushed roast peanuts (peanuts, sesame, gluten)</p>	<p>ALBONDIGAZ MEATBALLS - slow cooked Mexican spiced beef meatballs, braised in a spicy tomato sauce served with a spiced giant cous cous salad (gluten)</p>	<p>PAD THAI - tender marinated chicken wok flash fried with egg, spring onion and bean sprouts in a sweet and sour sauce, finished with noodles and roasted peanuts (peanuts/egg/dairy/gluten/sesame)</p> 	<p>KATSU CURRY - succulent chicken in a japanese panko breadcrumb served with a mild and fragrant curry sauce. served with coconut rice and a soy marinated egg (gluten, dairy, egg, sesame, peanut)</p>		
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Desert: Ice cream and fruit salad	Desert: Ice cream and Muffins	Desert: Ice cream and sponge cake	Desert: Ice cream and Muffins	Desert: Ice cream and bread and butter pudding	Desert: Ice cream and Muffins	Desert: Ice cream and Muffins
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Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana	Fresh Fruit – Orange, banana
Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee
Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant	Juice - Orange, blackcurrant