

bellamy's self-service restaurant week beginning 2nd march 2009

some of our menu items contain allergens.
there is a small risk that traces of these may be found in other products served here.
we understand the dangers to those with severe allergies so please ask to speak to a
member of staff who will endeavor to help you make your choice.

vegetarian option suitable for coeliacs suitable for vegans

R high fat **A** medium fat **G** low fat



monday

cauliflower with chorizo
oil & rustic bread
£0.60 **G**

healthier

catch of the day
see intranet on day for full details
£3.80 **G**

traditional

beef & vegetable stew
with dumplings
£2.40 **R**

hot off the hob

stir fry tofu with broccoli,
mushrooms & hoi sin sauce
£1.65 **G**

world of spice

sweet 'n sour pork chop
with pineapple & mixed
peppers
£2.65 **A**

vegetarian

quorn
& leek crumble
£1.90 **R**

hot dessert

bread &
butter pudding
£1.05 **R**

chef's selection of vegetables

Wk1



tuesday

minted pea &
watercress
£0.60 **G**

healthier

catch of the day
see intranet on day for full details
£3.80 **G**

traditional

bread chicken breast with
banana & chutney
£2.95 **A**

hot off the hob

beef teriyaki served with
noodles
£3.80 **R**

world of spice

honey roasted spicy
leg of lamb with cumin
& coriander seasoning
£2.65 **A**

vegetarian

trio of mushroom
risotto with fine herbs
£1.90 **G**

hot dessert

jam turnover
£1.05 **R**

chef's selection of vegetables



wednesday

sweet potato & chilli
soup
£0.60 **G**

healthier

catch of the day
see intranet on day for full details
£3.80 **G**

traditional

roast belly of pork with
winter fruit stuffing
& cider jus
£2.15 **R**

hot off the hob

lamb stir fry with spring
onion & pak choi
£3.60 **A**

world of spice

beef madras with rice
& poppadom
£2.95 **R**

vegetarian

mediterranean
vegetable lasagne
£1.90 **R**

hot dessert

chocolate & pear upside
down cake
£1.05 **R**

chef's selection of vegetables



thursday

butterbean & garlic with
chopped chives soup
£0.60 **G**

healthier

catch of the day
see intranet on day for full details
£3.80 **G**

traditional

chicken & mushroom pie
£1.90 **R**

hot off the hob

Thai style vegetables
served with noodles
£1.65 **A**

world of spice

spicy lamb burger with
tzatziki on flat bread
£2.40 **R**

vegetarian

ricotta & spinach
tortellini
£1.65 **G**

hot dessert

peach crumble
£1.05 **R**

chef's selection of vegetables



friday

pumpkin with roasted
pumpkin seeds
£0.60 **G**

healthier

grilled pork escalope with
borlotti bean salsa
£2.65 **G**

traditional

battered fish with
minted peas
£3.45 **R**

hot off the hob

high energy stir-fry with
butternut squash sweet potato
monge tout & pak choi
£1.45 **G**

world of spice

chilli con carne
served with rice
£1.90 **R**

vegetarian

bombay potatoes on
pitta bread with
guacamole & sour cream
£1.45 **A**

hot dessert

syrup & lemon sponge
£1.05 **R**

chef's selection of vegetables