 All dishes are produced in a kitchen where nuts are handled. If you do have an allergy to nuts, please speak to the supervisor.

 healthy eating  vegetarian option  suitable for coeliacs



bellamy's self-service restaurant

week beginning 4th December 2006





monday

  roasted butternut squash soup £0.55

  fish of the day with sour cream & chives £1.90

 chicken supreme with bubble & squeak £2.40

  stir-fried vegetables with water chestnuts, oyster mushrooms & coconut milk £1.65

beef dopiazza & rice £3.40



 bow tie pasta with sun dried tomatoes, marinated artichoke & herb dressing £1.65



chocolate bread & butter pudding £1.00

vichy carrots, green beans, new potatoes, bubble & squeak



tuesday

  carrot, orange & coriander soup £0.55

  sardines with tomato & onion salad £1.20

cottage pie £1.90

penne pasta with chorizo sausage & roasted tomato sauce £1.65

red thai chicken curry with jasmine rice £3.60

 courgette & red onion quiche £1.90

baked apple £1.00

spring greens, sautéed potatoes, cauliflower polonaise




wednesday

  moroccan chickpea soup £0.55

  poached chicken with japonaise salad £1.65

 roast belly of pork with red cabbage £1.65

beef stir fry with black bean sauce £3.60

 spiced mediterranean vegetables with noodles £1.20



  roasted pumpkin risotto £1.40



steamed apricot & orange pudding £1.00

braised red cabbage, broccoli, roast potatoes



thursday

  broccoli & stilton soup £0.55

  grilled tuna niçoise £2.90

chicken & mushroom pie £2.15

 pasta with tomato & garlic pesto £1.65

chilli con carne £1.90



 vegetarian sausage & mash in a giant yorkshire pudding £2.90



apple & cinnamon crumble £1.00

minted peas, roast beetroot, lemon & thyme wedges



friday


  yellow split pea soup £0.55

  grilled pork escalope with apple & sultana chutney £1.60

breaded deep fried fish with mushy peas & chips £3.40

 stir-fried rice with roasted butternut squash & sweet potato £1.40

lamb rogan josh £3.20

 cauliflower cheese £1.20

coffee sponge £1.00

ratatouille, mushy peas, chips