

Monday

Tuesday

Wednesday

Thursday

Friday

Soup

French Onion Soup
(456kj, 109kcal)

Leek & Potato Soup
(452kJ, 108kcal)

Spiced Carrot & Red
Lentil Soup
(494kJ, 118kcal)

Vegetable Soup
(552kj, 132kcal)

Roasted Red Pepper &
Tomato Soup
(364kJ, 87kcal)



ALTO GUSTO

Stove

Khana • Khana



Mains

Root Vegetable & Barley
Pie
(1063kj, 254kcal)
Gravy
(75kj, 18kcal)

Soya Mince Chilli
(1264kj, 302kcal)

Homemade Vegetable
Strudel

Hearty Butternut Squash
Indian Spiced Madras
(971kj, 232kcal)

Battered Tikka Halloumi
(1900kJ, 454kcal)
Meat Free Battered
Sausage (808kJ, 193kcal)

Chicken & Creamed
Leek Pie
(1226kj, 293kcal)
Mash Potato
(816kj, 195kcal)

Mixed Vegetable Medley

Roast Pork Loin
891kj, 213kcal)

Chicken & Mushroom
Balti
(1427kj, 341kcal)

Classic Battered Fish
Fillet (2887kJ, 690kcal)

Sides

Glazed Garden peas
(335kj, 80kcal)

Boiled Rice
(975kj, 233kcal)

Gravy
(75kj, 18kcal)
Rosemary Roast
Potatoes
(686kj, 164kcal)

Boiled Rice
(908kJ, 217kcal)
Chota Naan
(502kJ, 120kcal)

Crispy Chips
(1799kJ, 430kcal)

Honey Roast Parsnip &
Carrots
(247kj, 59kcal)

Fajita Spiced Chips
(1807kj, 432kcal)

Mixed Veg Medley

Roast Honey Parsnips
(469kj, 112kcal)

Vegetable Samosa
(552kJ, 132kcal)

Seasonal Garden Peas
(343kJ, 82kcal)

Crispy Chips
(1799kj, 430kcal)

Smashed Avocado
(138kj, 33kcal)

Green Beans

Hot Dessert
Apple Crumble &
Custard

Onion Bhaji
(230kJ, 55kcal)
Bombay Potato Wedges
(937kJ, 224kcal)

Mushy Peas
(385kJ, 92kcal)

Sour Cream
(176kj, 42kcal)

Gravy (75kj, 18kcal)

Snacking

Fijian Chicken, rice &
Peas

Sausage, Mash & Peas

Ground Beef Chilli,
Nachos, Sour Cream &
Guacamole

Beef Meatballs & Pasta

Chicken & Mushroom
Pie

Weekly Menu