

# FOOD NUTRITION WEEK

POOLE HOUSE REFECTORY //  
WEEK COMMENCING 26TH OF JAN

All of the dishes used during food and nutrition week have been carefully selected, as they offer a low to medium daily guideline allowance in salt, fat and saturates.



Monday 26th of Jan	Tuesday 27th of Jan	Wednesday 28th of Jan	Thursday 29th of Jan	Friday 30th of Jan
<p>Sweet Potato, Feta &amp; Mint Filo Parcel with Mint Yoghurt, Side Salad &amp; Sweet Potato Wedges <b>£4.00</b></p>	<p>Kleftiko Pork Carvery in Pitta Bread or Griddled Spiced Chicken Breast in a Pitta Bread with Greek Salad and Lime &amp; Mint yogurt Dressing <b>£4.25</b> Includes x 2 Side Dishes</p>	<p>Bengali Pork Shoulder marinated in Tandoori spices, yoghurt, ginger and garlic or Nawabi Biryani made using chicken, Masala spices and yoghurt <b>£4.00</b> with Boiled or Brown Rice</p>	<p>Classic Chinese Street food, Pick your protein, then your vegetables, rice or noodles finished with a hot vibrant stock  Choose from the Following: Chicken, Pulled Pork or Quorn <b>£2.80</b></p>	<p>Chefs Theatre Salads Butternut Squash and Feta Salad Mango and Avocado Salad Tuscan Salad Grilled chicken Poached Salmon Grilled Halloumi <b>£4.20</b></p>
<p>Sweet Potato Curry with Plain Boiled Rice <b>£4.00</b></p>	<p>Falafel served with Pickled Red Cabbage Salad, Pitta Bread and Yoghurt <b>£3.80</b></p>	<p>Hindu Chana Saag Palak A vegetarian curry using Masala spices, chickpeas, spinach and mango <b>£3.80</b></p>	<p>Skewered Chicken Satay with Couscous &amp; Celeriac Salad <b>£4.00</b></p>	<p>Salmon with a Herb Crust served with Mixed Leaf Salad and New Potatoes <b>£4.20</b></p>
<p>Chilli Non Carne with Rice, Corn on the Cob Chilli and Lime and Mixed Salad <b>£4.00</b></p>	<p>Sides Sweet Potato Fries £1.00 Sweet Potato Salsa £0.50 Mixed Salad £0.75</p>	<p>Sides Aloo Gobi £1.00 Chapatti Bread £0.50 Vegetable Samosa £1.00</p>	<p>Sustainable Battered Pollock Fillet served with, Chips, Garden Peas or Mushy Peas <b>£4.00</b></p>	<p>Vegetable Lasagne with Salad and Garlic Bread <b>£2.80</b></p>
<p>Vegetable Lasagne with Salad and Garlic Bread <b>£2.80</b></p>	<p>Chicken &amp; Peppers with Rice <b>£2.80</b></p>	<p>Vegetable &amp; Chickpea Tagine <b>£2.80</b></p>	<p>Sides Mini Spring Rolls £1.00 Prawn Crackers £0.50</p>	<p>Veggie Bean Chilli with long grain rice <b>£2.80</b></p>



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