



ITU WARD MENU

Please choose a hot main or sandwich followed by dessert.

MAIN COURSE

Beef Casserole

Served with mashed potato and carrots.

Corned Beef Hash

Served with diced fried potatoes, accompanied with peas and carrots.

Chicken Curry

A mild, fruity chicken curry served with a mix of yellow rice, red peppers and peas.

Sweet & Sour Chicken

Chicken with peppers and pineapple in a sweet and sour sauce, served with white rice with red pepper and peas.

Cauliflower Cheese

Cauliflower in a rich cheese sauce, served with fried diced potato seasoned with parsley, and broccoli.

Battered Fish and Mushy Peas

Served with fried diced potatoes, and minted mushy peas.

Fish Bake

Pieces of salmon and smoked haddock with leeks and herbs in a creamy sauce topped with fried diced potatoes, served with carrots and peas.

Vegan Hotpot

Leek, lentils, carrot, spinach and pearl barley in a white sauce topped with fried potatoes tumbled in garlic, parsley and thyme, served with broccoli and carrot.

Sweet Potato & Bean Chilli

Sweet potato, red kidney beans and haricot beans in a mild tomato and chilli sauce, served with white rice seasoned with coriander.

Macaroni Cheese

Served with a mixture of broccoli, peas, carrots and sweetcorn.

FINGER FOODS



Chicken Goujons



Chipolatas



Omelettes



SANDWICHES

Available on white or brown bread.



Just Ham



Just Cheese



Tuna Mayonnaise



Egg Mayonnaise



Chicken Mayonnaise



Humous & Chickpea



DESSERTS



Sticky Toffee Pudding & Custard



Rice Pudding



Strawberry Trifle



Thick & Creamy Yoghurt



Fruit Cocktail



Cheese & Crackers



Selection of Fresh Fruit

