



# ITU WARD MENU

Please choose a hot main or sandwich followed by dessert.

## MAIN COURSE

### Beef Casserole

Served with mashed potato and carrots.

### Chilli Con Carne

A spicy traditional chilli con carne served with white rice, peas and sweetcorn.

### 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.

### West Country Cheddar Bake

Potato, onion, West Country Cheddar and ripened hard cheese filling, topped with Cheddar cheese and fried diced potato, served with green beans, peas and sweetcorn.

### 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.

### Cheese & Tomato Omelette

A tasty Cheddar cheese and tomato omelette, served with fried diced potatoes and mixed vegetables.

### 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

