



ITU WARD MENU

Please choose a hot main or sandwich followed by dessert.

MAIN COURSE

Chilli Con Carne

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

Chicken Chow Mein

Cooked egg noodles with pieces of chicken and vegetables in a soy, garlic and ginger sauce.

Chicken Curry

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

Smoked Paprika & Tomato Chicken

Tender chicken pieces in a smoked paprika and tomato sauce served with parsley yellow rice.

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.

Battered Fish and Mushy Peas

Served with fried diced potatoes, and minted mushy peas.

Butternut Squash & Butterbean Stew

Potato, peas, butter beans, butternut squash in a tomato & rosemary sauce.

Quorn & Vegetable Casserole

Quorn pieces and haricot beans in a herby tomato vegetable sauce, served with mashed potato and peas.

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

Hummus & Bean

Gluten Free Seeded Roll with Two Cheese Mayonnaise & Roasted Tomato

DESSERTS

Sticky Toffee Pudding & Custard

Jam Sponge

Rice Pudding

Raspberry Trifle

Thick & Creamy Yoghurt

Fruit Cocktail

Cheese & Crackers

Selection of Fresh Fruit



Gluten Free



Vegetarian



Vegan



Easy to Chew



Energy Dense



Healthier Choice

