



# ITU WARD MENU

Please choose a hot main, salad or sandwich followed by dessert.

## MAIN COURSE

### Roast Beef



Slices of roasted British beef slathered in our thick rich gravy, served with golden roast potatoes and a vibrant medley of carrots and sprouts.

### 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.

### Sausage & Mash

Juicy pork sausages in a rich warming gravy, served with creamy mashed potato and peas.

### Fish in Parsley Sauce



Flaky white fish in a velvety parsley sauce served with fried diced potato pieces and a vibrant mix of carrots and green beans.

### Battered Fish and Mushy Peas



Served with fried diced potatoes, and minted mushy peas.

### Quorn & Vegetable Casserole



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

### Mushroom Stroganoff



Chestnut mushrooms and white mushrooms in a creamy paprika sauce with long grain white rice, peas and parsley.

### 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.

## SALADS

### Cheese Salad



### Chicken Salad



### Egg Salad



### Avocado, Sweet Potato & Tomato Salad



## SANDWICHES

Available on white or brown bread.

### Just Ham



### Just Cheese



### Tuna Mayonnaise



### Egg Mayonnaise



### Chicken Mayonnaise



### Humous & Chickpea



## NUTRITIONAL & ALLERGEN INFORMATION

Please scan this QR code to access the full nutritional and allergen information for our menus.



Gluten Free



Vegetarian



Vegan



Easy to Chew



Energy Dense



Healthier Choice