

ARC2019 - St Helens

Menu (GF – Gluten Free, DF – Dairy Free, V – Vegetarian)

Friday Dinner

Thai Pumpkin Soup (GF,DF) (V)

Pulled Pork w Appleslaw Dinner Rolls

Satay Chicken & Vegetables w Rice

Veg Frittata w Garden Salad (GF) (V)

Cakes & Fruit Salad

Saturday & Sunday Breakfast

Selection Of Cereals inc (GF)

Fresh Fruit Platters

Croissants w Condiments

Banana Bread, Honey & Date loaf (GF)

Tea, Coffee, Milo & Juice

Saturday Night Dinner

Tomato & Red Lentil Soup (GF,DF) (V)

Lamb & Vegetable Soup(DF)Dinner Rolls

Chilli con Carne w Rice (GF,DF)

Spinach & Ricotta Tortellini (V)

Honey Mustard Chicken & Vegetables w Rice

Garden Salad

Cakes & Fruit Salad

Tea, Coffee, Milo & Juice

All Night Café

Tomato & Red Lentil Soup (GF,DF) (V)

Lamb & Vegetable(DF)Soup Dinner Rolls

Veg & Chickpea Curry (GF,DF) (V)

Selection of Toasted Sandwiches

Muffins & Danishes

Cakes & Fruit Salad

Tea, Coffee, Milo & Juice

Sunday Lunch

Minestrone Soup (DF)

Potato & Leek Soup (GF) (V) Dinner Rolls

Beef Ragu w Penne (DF)

Veg & Chickpea Curry w Rice (GF,DF) (V)

Chicken Hot Pot w Sweet Potato

Garden Salad

Cakes & Fruit Salad

Tea, Coffee, Milo & Juice