

OLIVE @ FOREST GATE

SUMMER MENU

WEEK 3

MEAL DEAL
£2.15



MON

TUES

WED

THURS

FRI

MAIN

Cajun Chicken Gumbo
with Spiced Rice
(CE, G, SU)

Sausage Casserole
Summer Vegetables
Homemade Bread
(CE, G, SU)

Hot Deli

Fish & Chips
With
Fresh Minted Mushy Peas
& Homemade Tartare
(E, G, F)


Spaghetti Bolognese
with Garlic Bread
(CE, G, MK)

VEGGIE

Frittata of Onions,
Peppers and
Spinach
(E, MK)


Sweet Potato and
Halloumi Burger with
Relish
(G, MK)


Hot Deli


African Black Bean,
Squash and Date Stew
with Warm Cous Cous



Roasted Vegetable
Burrito and Salsa
(CE, G, MK)

COOK
STATION

Reggae Reggae
Chicken Sub with
Slaw
(CE, E, G, MK)


Piri Piri Chicken Leg
with Seasoned Wedges
(G)


Thai Red Fish Curry
with Lemon Scented
Rice
(CE, F, G, G)


Chicken Shawarma with
Roasted Vegetables and
Flatbread
(G, MK)


Chef's Choice

PUD

Oatey Apple Crumble
with Custard
(G, MK)

Chocolate and
Orange Marble Cake
with Chocolate Sauce
(E, G, MK)

Lemon Meringue Pie
(E, G)

Pear Crumble
Cake and Cream
(E, G, MK)

Peach and Caramel
Cheesecake
(G, MK)

COLD SELECTION: BAGUETTES • SANDWICHES • SALAD BOXES • FRESH FRUIT • YOGURT POTS

ALLERGENS
KEY

CE - CELERY
CR - CRUSTACEAN
E - EGGS

F - FISH
G - CEREALS CONTAINING GLUTEN
L - LUPIN

MK - MILK
MO - MOLLUSCS
MU - MUSTARD

N - NUTS
P - PEANUTS
SE - SESAME SEEDS

SO - SOYA
SU - SULPHUR DIOXIDE

