

# Wonderful Wednesday Menu

## Spring 2023

### January 18 – April 26

#### January 18: Grilled BBQ Chicken Thighs & Rice

- **BBQ Chicken Thighs** (Chicken Thighs, Salt & Pepper, Garlic, Paprika, Olive Oil, BBQ sauce)
- **Corn Bread** (Mix)
- **Vinegar Coleslaw** (Cabbage, carrots, red onions, Apple cider vinegar, honey, Dijon mustard, salt & pepper)
- **Basmati rice**
- **Baked Beans**
- **Mix Salad**
- **Dessert:** *Pudding*

#### January 25: Leek & Potato Soup with Glazed Ham

- **Leek & Potato Soup** (Onions, Leeks, Potatoes, Vegetable Stock, Salt & Pepper)
- **Glazed Ham** (Bone in Ham, Money, Dijon Mustard, Olive Oil, Garlic, Salt & Pepper)
- **Vinegar Coleslaw** (Cabbage, carrots, red onions, Apple cider vinegar, honey, Dijon mustard, salt & pepper)
- **Bruschetta** (Bread, Garlic Oil, Tomato, Mozzarella, Fresh Basil)
- **Apple & Carrot Salad**(Shredded Apples, Shredded Carrots, Cinnamon, Cranberries)
- **Mix Salad**
- **Dessert:** *Brownies*

#### February 1: Fried Chicken Tenders & Mashed Potatoes

- **Fried Chicken Tenders** (Chicken Tenders, Breadcrumbs, Salt & Pepper, Eggs)
- **Mashed Potatoes** (Potatoes, Salt & Pepper, Butter, Half & Half, Olive oil)
- **Gravy** (Gravy Mix, Vegetable Stock, Garlic, Salt & Pepper, Corn Starch)
- **Broccoli Salad** (Broccoli, Bacon, Apple cider vinegar, Dijon mustard, red onion, Cranberries)
- **Mix Salad**
- **Dessert:** *Chocolate Biscuits*

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#### February 8: Hungarian Beef Goulash (Beef Stew)

- **Goulash** (Beef, Onions, Peppers, Tomatoes, Potatoes, Garlic, Tomato paste, Salt & Pepper, Paprika, Beef Stock)
- **Chicken Nuggets for Kids** (Nuggets contain gluten)
- **Sourdough Bread**
- **Radish & Cucumber Salad** (Radish, Cucumber, Red Onion, Salt & Pepper, Vinegar)
- **Mix Salad**
- **Dessert:** *Lemon cake*

#### February 15: Pork Tenderloin with Fried Potatoes

- **Pork Tenderloin** (Pork tender loin, Salt & Pepper, Lawry's Seasoning, Paprika, Olive Oil, Garlic, Honey, Lemon, Dijon mustard)
- **Fried Potatoes** (Cubed and fried potatoes, Fried Onions, Garlic, Salt & Pepper, Parsley and Green Peas)
- **Apple Sauce** (Apples, Apple Juice, Butter, Salt & Pepper, Cinnamon, nutmeg)
- **Ginger & Mango Sauce** (Ginger, Mango, Lemon Juice, Salt & Pepper)
- **Mix Salad**
- **Dessert:** *Strawberry cake*

#### February 22: Potato Pancakes with Chicken Paprikash (Chicken in a paprika sauce)

- **Chicken Paprikash** (Chicken, Paprika, Salt & Pepper, Garlic, Olive oil, Chicken Stock, Onions, Corn Starch)
- **Potato Pancakes / Rice** (rice, gluten free option) (Grated potatoes, Garlic, Salt & Pepper, Flour, Sparkling water, Margarine, Paprika, Olive oil)
- **Corn Salad** (Sweet corn, Bacon, Onion, Salt & Pepper, Olive oil, Garlic, Spring Onion)
- **Mix Salad**
- **Dessert:** *Pineapple parfait*

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#### March 1: Stuffed Peppers Cooked in Tomato Sauce

- **Stuffed Peppers** (Minced beef, rice, White non-chili peppers, Salt and Pepper, Garlic, Olive Oil, Paprika, Egg, Fried Onions, Margarine)
- **Tomato Sauce** (Crushed tomatoes, Tomato puree, Onions, Olive oil, Garlic, Salt & Pepper, Oregano, Basil, Celery Salt)
- **Corn Salad** (Sweet corn, Bacon, Onion, Salt & Pepper, Olive oil, Garlic, Spring Onion)
- **Mix Salad**
- **Dessert:** *Rice Krispie Treats*

#### March 15: Fish and Chips

- **Battered Fried Fish** (Tilapia fish fillet, flour, eggs, olive oil, salt & pepper, soda water, garlic)
- **Grilled Chicken Breast** (Chicken breast, olive oil, garlic, salt & pepper, paprika, Italian seasoning)
- **French Fries**
- **Homemade Tartar Sauce** (Mayonnaise, Dill, shallots, salt & pepper, garlic, lemon)
- **Lemon Parmesan Roasted Broccoli** (Broccoli, lemon, garlic, parmesan, red pepper)
- **Mix Salad**
- **Dessert:** *Oatmeal butterscotch Cookies*

#### March 22: Chicken Parm & Spaghetti

- **Chicken Parm** (Chicken breast, breadcrumbs, eggs, Salt & Pepper, Garlic, Parmesan, Tomato sauce)
- **Grilled Chicken Breast** (Chicken breast, olive oil, garlic, salt & pepper, paprika, Italian seasoning)
- **French Fries**
- **Spaghetti**
- **Baked Brussel Sprouts** (Brussel Sprouts, Garlic, Salt & Pepper, Lemon)
- **Mix Salad**
- **Dessert:** *Chocolate Mousse*

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#### March 29: Oven Baked Chicken Legs & Rice

- **Chicken legs** (Chicken legs, Salt & Pepper, Paprika, Garlic, Lawry's seasoning)
- **Gravy** (Salt & Pepper, Paprika, Garlic, Lawry's seasoning, Chicken Stock, Corn starch)
- **Basmati Rice**
- **Cucumber Salad** (Cucumbers, Red Onions, Salt & Pepper, Vinegar)
- **Mix Salad**
- **Dessert:** *Blueberry Crescent Rolls*

#### April 5: Pork Schnitzel & Potato Salad

- **Schnitzel** (Pork loin, breadcrumbs, eggs, salt & pepper, garlic powder)
- **Potato Salad** (Potatoes, Mayonnaise, Dijon mustard, Salt & Pepper, Garlic, Carrots, Green peas)
- **Lemon Fennel Salad** (Fennel, Lemon, Salt & Pepper, Garlic, Parsley)
- **Mix Salad**
- **Dessert:** *Bakes Apples Slices*

#### April 12: Bangers (Bratwurst Sausages) & Mash

- **Bratwurst Sausages**
- **Mashed Potatoes** (Potatoes, Salt & Pepper, Half & half, Butter, Olive oil)
- **Gravy** (Fried red onions, Beef Stock, Salt & Pepper, Garlic, Green peas, Corn Starch)
- **Grilled Mixed Vegetables** (Peppers, Red Onions, Zucchini, Cherry tomatoes, Garlic, Olive oil, Salt & Pepper, Paprika, Oregano)
- **Mix Salad**
- **Dessert:** *Chocolate cake*

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#### April 19: Beef Tacos

- **Beef Tacos** (Minced beef, Olive oil, Red onion, Garlic, Cumin, Taco Seasoning, Salt & Pepper, Oregano)
- **Spanish Rice** (Rice, garlic, salt & pepper, tomato cause, chicken bouillon, cilantro, cumin)
- **Refried beans** (Pinto beans, onions, salt & pepper, lard, garlic)
- **Mexican Street Corn** (Sweet corn, Olive oil, Fresh coriander, Lemon Juice, Red Onion, Honey)
- **Salsa & Corn Chips**(Onions, bell peppers, onions, tomatoes, cilantro)
- **Tortilla** (Wheat tortilla, Corn tortilla)
- **Shredded Cheese**
- **Mix Salad**
- **Dessert:** *Cinnamon Twists*

#### April 26: Hamburgers & Tater Tots

- **Beef hamburger patties**
- **Hamburger buns**
- **Iceberg lettuce**
- **Hamburger Sauce**(Mayonnaise, ketchup, mustard, Worcestershire sauce, Salt & Pepper, garlic)
- **Bacon**
- **Cheese**
- **Fried Onions**
- **Pickles**
- **Mix Salad**
- **Dessert:** *Ice Cream Sundaes*