

# Kosher Menu

'Kosher meals under the Kedassia Supervision'

Royal Free London   
NHS Foundation Trust

## Monday

### Soup & Dessert of the Day

Chicken soup or  
Truffle Peach Melba

### Lunch

Chicken schnitzel with vegetables  
Sliced beef with stuffing in gravy and mash potato  
Grilled salmon in mushroom sauce and new potatoes  
Grilled plaice in mushroom sauce with grilled peppers  
Vegetarian Lasagna  
Vegetable casserole

### Supper

Shepherd's pie with vegetables  
Meat balls with gravy rice in tomato sauce  
Grilled haddock in mushroom sauce and mashed potato  
Fried Cod with roast potato & peas  
Stuffed peppers  
Tomato omelette

## Tuesday

### Soup & Dessert of the Day

Barley soup or  
Chocolate mousse

### Lunch

Chicken schnitzel with vegetables  
Sliced beef with stuffing in gravy and mash potato  
Grilled salmon in mushroom sauce and new potatoes  
Grilled plaice in mushroom sauce with grilled peppers  
Vegetarian lasagna  
Vegetable casserole

### Supper

Shepherd's pie with vegetables  
Meat balls with gravy rice in tomato sauce  
Grilled haddock in mushroom sauce and mashed potato  
Fried cod with roast potato & peas  
Stuffed peppers  
Tomato omelette

## Wednesday

### Soup & Dessert of the Day

Tomato soup or  
Apple & Apricot crumble

### Lunch

Breaded chicken thighs with rice & vegetables  
Savory meat pancake with new potato & carrot  
Grilled haddock in mushroom sauce and mashed potato  
Grilled plaice in mushroom sauce with grilled peppers  
Stuffed peppers  
Falafel burgers

### Supper

Sliced Beef with stuffing in gravy and mash potato  
Beef Goulash with mash potato and ratatouille  
Grilled salmon in mushroom sauce  
Grilled plaice in mushroom sauce  
Vegetarian Lasagna  
Vegetable casserole

## Thursday

### Soup & Dessert of the Day

Vegetable soup or  
Fruit cocktail

### Lunch

Breaded chicken thighs with rice & vegetables  
Savory meat pancake with new potato & carrot  
Grilled haddock in mushroom sauce and mashed potato  
Grilled plaice in mushroom sauce with grilled peppers  
Stuffed Peppers  
Falafel burgers

### Supper

Sliced beef with stuffing in gravy and mash potato  
Beef goulash with mash potato and ratatouille  
Grilled salmon in mushroom sauce and new potatoes  
Grilled plaice in mushroom sauce  
Vegetarian lasagna  
Vegetable casserole

## Friday

### Soup & Dessert of the Day

Chicken Soup or  
Lemon pie

### Lunch

Shepherd's pie with vegetables  
Meat balls with gravy rice in tomato sauce  
Grilled haddock in mushroom sauce and mashed potato  
Fried cod with roast potato and peas  
Falafel burger  
Tomato omelette

### Supper

Shabbos Menu  
(Grape juice, challah, baked salmon, mayonnaise, tomato dip, olive dip, chicken soup, roast chicken potato kugel, falafel, apple puree)

## Saturday

### Lunch

Shabbos Menu  
(grape juice, challah, baked salmon, mayonnaise, tomato dip, olive dip, cold meat, cholent, potato kugel, apple puree)

### Supper

Shepherd's pie with vegetables  
Meat balls with gravy rice in tomato sauce  
Grilled haddock in mushroom sauce and mashed potato  
Fried cod with roast potato and peas  
Falafel burger  
Tomato omelette

## Sunday

### Soup & Dessert of the Day

Chicken soup or  
Chocolate mousse

### Lunch

Shepherd's pie with vegetables  
Meat balls with gravy rice in tomato sauce  
Grilled haddock in mushroom sauce and mashed potato  
Fried cod with roast potato and peas  
Falafel burger  
Tomato omelette

### Supper

Chicken schnitzel with vegetables  
Sliced beef with stuffing in gravy and mash potato  
Grilled salmon in mushroom sauce and new potatoes  
Grilled plaice in mushroom sauce with grilled peppers  
Vegetarian lasagna  
Vegetable casserole