



WEEK 1

Available everyday: A wide selection of freshly prepared salads and seasonal vegetables.

MON

Soup of the Day



Pork Sausage Casserole with Mashed Potato **OR** Sweet Potato & Butterbean Curry with Rice



Creamy Garlic Mushrooms

Fresh Salad Bar



Pork & Apple Burger in a Fresh Bun

Dessert of the Day

Warm Apple Taco with Custard

TUES

Soup of the Day



Italian Beef & Vegetable Lasagne with Garlic Bread **OR** Mediterranean Vegetable & Feta Layer



Vegetarian Chilli Tacos

Fresh Salad Bar



Onion Bhaji Wrap with Mango Chutney & Yoghurt

Dessert of the Day

Parsnip & Coconut Flapjack

WEDS

Soup of the Day



Chicken Dhansak Curry with Rice **OR** Mushroom & Pepper Stroganoff with Rice



Vietnamese Chicken & Vegetable Wrap

Fresh Salad Bar



Mexican Chilli Con Carne Pot

Dessert of the Day

Carrot, Orange & Banana Cake

THURS

Soup of the Day



Honey & Mustard Roast Gammon, Roast Potatoes & Gravy **OR** Quorn Roast, Roast Potatoes & Gravy



Spicy Meatball Sub Roll

Fresh Salad Bar



Chicken Katsu Curry Wrap

Dessert of the Day

Pear, Apple & Blackberry Crumble with Custard

FRI

Soup of the Day



Fisherman's Catch Of The Day with Chips **OR** Quorn & Vegetable Chow Mein



Jumbo Fish Finger Wrap with Tartar Sauce

Fresh Salad Bar



Sweet Potato & Black Bean Wrap

Dessert of the Day

Chocolate Beetroot Brownie

Allergen Information: Please ask a member of staff if you require information on the ingredients in the food we serve.



WEEK 2

Available everyday: A wide selection of freshly prepared salads and seasonal vegetables.

MON

Soup of the Day



Sweet & Sour Chicken with Special Fried Rice **OR** Cauliflower Keralan Curry with Basmati Rice



BBQ Beans & Cheddar Cheese

Fresh Salad Bar



Roast Vegetable, Houmous & Feta Flatbread

Dessert of the Day

Oaty Cherry & Apple Crumble Slice with Custard

TUES

Soup of the Day



Spicy Beef Burrito & Potato Wedges **OR** Southern Style Quorn Burger in a Fresh Bun & Potato Wedges



Mexican Meatballs with Rice

Fresh Salad Bar



Tomato, Basil & Mozzarella Pasta Pot

Dessert of the Day

Bread & Butter Pudding

WEDS

Soup of the Day



Shepherd's Pie Topped with Creamy Cheese Sliced Potatoes **OR** Leek, Butternut Squash & Mushroom Tagliatelle



Breakfast Tortilla Wrap

Fresh Salad Bar



Baked Tandoori Chicken Flatbread

Dessert of the Day

Jam Roly Poly with Custard

THURS

Soup of the Day



Roast Loin of Pork, Apple Sauce & Roast Potatoes **OR** Quorn Sausages with Onion Gravy



Filled Bagel of Sweet Chilli Chicken & Asian Slaw

Fresh Salad Bar



BBQ Pulled Pork & Noodles Pot

Dessert of the Day

Toffee Apple Squares with Ice Cream

FRI

Soup of the Day



Fisherman's Catch Of The Day with Chips **OR** Vegetable Spring Rolls with Chilli dipping Sauce



Salmon Fishcake with Herb Mayonnaise

Fresh Salad Bar



Piri Piri Chicken & Rice Wrap

Dessert of the Day

Chocolate Banana Cake with Chocolate Sauce

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WEEK 3

Available everyday: A wide selection of freshly prepared salads and seasonal vegetables.

MON

Soup of the Day



Carbonara Pasta with Baked Tomato & Herb Bread **OR** Macaroni Cheese & Sweet Potato Bake



Lentil & Spinach Dahl

Fresh Salad Bar



North African Spiced Lamb & Potato Pot

Dessert of the Day

Mixed Berry Jam Sponge Pudding with Custard

TUES

Soup of the Day



Our award Winning Moroccan Chicken with Cous Cous & Yoghurt Flatbread **OR** Quorn Fajita & Rice Tortilla Stack



Chicken & Potato Bravas Wrap with Garlic Mayonnaise

Fresh Salad Bar



Melted Mozzarella, Basil & Tomato Ciabatta

Dessert of the Day

Sticky Toffee Pudding with Butterscotch Sauce

WEDS

Soup of the Day



Teriyaki Pork & Vegetables with Egg Noodles **OR** Butternut Squash & Nut Free Pesto Flatbread Pizza



Burmese Chicken Curry Pot with Sticky Rice

Fresh Salad Bar



Creamy Cheese Pasta with Salmon & Peas

Dessert of the Day

Raspberry & Apple Cake with Lemon Frosting

THURS

Soup of the Day



Roast Beef, Yorkshire Pudding & Roast Potatoes **OR** Vegetarian Toad-in-the-Hole, Roast Potatoes & Gravy



Falafel & Salad Pitta with Tzatziki

Fresh Salad Bar



Hoi Sin Chicken Wrap

Dessert of the Day

Swiss Iced bun

FRI

Soup of the Day



Fisherman's Catch Of The Day with Chips **OR** Spanish Bean & Potato Hot Pot



Frankfurter Sausage Hot Dog with Caramelised Onions

Fresh Salad Bar



Vegetable Curry & Rice Pot

Dessert of the Day

Chocolate & Coconut Flapjack

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