



LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

Every Day

Bread of the day Soup of the Day

Garlic Bread

Carrot and Coriander

Naan Bread

Broccoli

Rice Bread

Hot and Sour

Baguettes

Pea and Mint

White Bloomer

Tomato and Basil

Fresh and Seasonal Salad Bar.

Main Event

Tagliatelle with a creamy Tomato and béchamel sauce with basil

Honey and Mustard glazed roast ham and pineapple salsa

Japanese Style fried chicken Karaage served with a Ponzu Sauce

Spiced Keema Curry served with a mint yoghurt sauce

Cod fish Fingers Or Sri Lankan Fish Curry and Rice

Homemade Salad dressings and Infused Oils

Meat free Zone

Macaroni Cheese

Roast turkey, stuffing and Cranberry sauce

Smoked Tofu with Sweet soy sauce, spring onions and coriander

Lentil, Potato, chick pea and Spinach Curry

Feta and herb stuffed Aubergine Schnitzel

Homemade Yoghurts.

And to go with

Broccoli Spears

Sweet Potato wedges

Noodles

Basmati Rice

Chunky Fries

Fresh Fruit.

Sweetcorn

Corn on the cob

Chinese Cabbage and Pak choi

Cumin Carrots

Garden Peas and Buttered Leeks

Mixed Seeds

Puddings

Sticky Gingerbread

Rice pudding and Mixed berry compote

Orange Jelly Pots

Cinnamon spiced Apple and Cranberry Duff Served with Vanilla Ice Cream

Chocolate and Cherry Brownies





LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

Every Day

Bread of the Day

French Bread

Mix Seed Bloomer

Garlic Focaccia

Chinese Milk Bread

White Bloomer

Fresh and Seasonal Salad Bar.

Soup of the Day

Tomato and Basil

Beetroot and Apple

Butternut Squash and Apple

Roast carrot with coriander

Broccoli

Main Event

Tomato and cheese penne bake

Popcorn Chicken

Chili Con Carne Tacos Served with Sour Cream and Guacamole

Chicken Katsu Curry

Breaded Fish Goujons Or Fish pie with buttered crumb

Homemade Salad dressings and Infused Oils

Meat free Zone

Penne with avocado pesto and white beans

Baked beetroot falafels served with kachumber and Greek yoghurt

Soya Mince and mixed bean Chilli Tacos served with a tomato and Avocado salsa

Smokey Thai-style Tofu cakes

Courgette, ricotta and dill tart with spelt-rye pastry

Homemade Yoghurts.

And to go with

Broccoli Spears

New Potatoes

Sweet potato wedges

Sticky Jasmine Rice

Chunky Fries

Fresh Fruit.

Sweetcorn

Thyme and Honey glazed Carrots

Green Beans

Pak choi and Chinese Cabbage

Peas and Steamed Swede

Mixed Seeds

Puddings

Jam and Coconut Sponge with Custard

Cranberry and white chocolate Bread and Butter Pudding served with cream

Chocolate Rice crispy Cakes

Mango Cheesecake

Lemon Shortbread Biscuits





LUNCH



Monday

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Friday

Every Day

Bread of the Day

White Bloomer

Pitta Bread

Wholemeal Bloomer

Rosemary Bloomer

French Bread

Soup of the Day

Chunky Vegetable

Hot and Sour

Vegetable Broth

Thai red curry squash

Celeriac and pear

Main Event

Penne pasta served with
Tomato Sauce
cheese Sauce

Creamy chicken pies with a
Crispy Puff pastry top

Pulled pork or chicken
Tacos served with a
avocado, Sweetcorn
and tomato salsa

Thai green curry

Cod Fish Fingers
Or
Smoked haddock and
parsley Fishcakes

Meat Free Zone

Red pepper sauce

Wild mushroom and
Tarragon pies with a crispy
puff pastry top

Smokey BBQ pulled
jack fruit Tacos with a
avocado, Sweetcorn
and tomato salsa

Thai Vegetable Curry

Pesto pasta with oven
dried tomatoes and
parmesan cheese

And to go with

Broccoli Spears

New Potatoes

Potato wedges

Jasmine fragrant rice

Chunky Chips

Sweetcorn

Minty Mushy peas
And Thyme scented
Carrots

Steamed Courgette

Sugar snap peas

Peas and Leeks

Puddings

Syrup Sponge and Vanilla
Custard

Strawberry Jelly Pots

Mixed berry jam, roast
seed and coconut
Galette and cream

Vanilla ice cream

Chocolate chip cookies

**Fresh and
Seasonal Salad
Bar.**

**Homemade Salad
dressings and
Infused Oils**

**Homemade
Yoghurts.**

Fresh Fruit.

Mixed Seeds





LUNCH



Monday

Tuesday

Wednesday

Thursday

Friday

Every Day

Bread of the Day

Red Onion and Olive Focaccia

Wholemeal bloomer

White Bloomer

Mini naan

Rosemary Bloomer

Fresh and Seasonal Salad Bar.

Soup of the Day

Tomato, red pepper and coconut

Broccoli and Bread

Chicken Noodle

Carrot and Apple

Sweet Potato and Chilli

Homemade Salad dressings and Infused Oils

Main Event

Margherita Pizza

Peri Peri Chicken

Sticky honey and mustard glazed sausages

Tandoori Chicken Fillets Served with Cucumber and Mint Raita

Breaded Plaice Goujons or Smoked Salmon, Dill and Lemon Risotto

Homemade Yoghurts.

Meat Free Zone

Spinach and olive pizza

Roast sweet potato Enchiladas

Feta, red onion and spinach Frittata

Tandoori style Paneer and roast vegetables

Saffron and Pea Risotto Cakes served with and a red Pepper Sauce

Fresh Fruit.

And to go with

Broccoli Spears

Sweet potato wedges

Celeriac mash potatoes

Steamed Rice

Chunky Fries

Mixed Seeds.

Puddings

Chocolate Sponge and Chocolate Sauce

Fresh fruit Salad

Apple and Sultana Crumble served with Cream

Strawberry cheesecake

Apricot and mixed seed Flapjacks

