



Lunch Menu Wednesday 20 to Sunday 24 April

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Carrot & pearl barley	Leek & potato	Curried lentil	Rosemary sweet potato	Broccoli
Mains kitchen	Roast pork with crackling & apple sauce	Coq au vin	Battered cod with grilled lemon & tartar sauce	Brazilian chicken	Spicy pepperoni flat bread pizza, mozzarella, cheddar
Vegetarian	Crocque madame, miso bechamel, spinach, tomato, spiced fried egg	Aubergine & veggie chilli	Tandoori chickpea, naan, pickled red onion & cucumber, coconut yoghurt	BBQ jackfruit, raisin, coconut & coriander slaw, whole wheat wrap	Cheesy flat bread pizza, mozzarella, cheddar & parmesan
Street counter	Korean sticky cauliflower	Pea, broccoli & paneer fritters, spicy mango relish	Tofu & vegetable kebab with couscous & roasted squash		
Powering performance			Salmon fishcakes, hollandaise sauce or piperade salsa		
Sides	Roast potatoes, roasted root veg	Warm crusty bread	Chips	Black bean stew	Parmesan polenta cubes
	Steamed kale &	Wild rice	Mushy peas	Sweet potato salad	Balsamic rocket &
	Broccoli & roast red pepper	French beans	Peas & sweetcorn		
Jacket potato bar	Jacket potato, chunky veggie chilli, baked beans, grated cheese	Jacket potato, shawarma spiced lamb, baked beans, grated cheese	Jacket potato, butternut tagine, baked beans, grated cheese		
Pasta bar	Tagliatelle, chorizo carbonara or spinach, mascarpone & parmesan sauce	Conchiglie, puttanesca sauce or creamy basil pesto	Macaroni, creamy mushroom or tomato & olive sauce		
Desserts	Toffee apple crumble	Blueberry & orange swiss roll, maple Greek yoghurt	Chocolate brownie	Tarte tatin	Black Forest tart



Supper Menu Wednesday 20 to Sunday 24 April

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Chinese chicken & sweetcorn	French onion	Mushroom	Leek, pea & spinach	Spring vegetable broth
Mains kitchen	Mexican chilli con carne, steamed rice & wraps	Spaghetti bolognese	BBQ charred pork belly, stir fried greens	Selection of tortilla wraps, crispy chicken strips, baked salmon, herb falafel, crunchy salads & dips	Chipotle chicken quarters
Street counter	Thai vegetarian noodles	Veggie lasagne	Shredded hoisin jackfruit		Chipotle marinated tofu, herby five-bean salad, corn salsa
Vegetarian	Fried chicken, jollof rice	Chilli chicken burrito with tomato salsa	Stir fried turkey with Asian vegetables & noodles		Beef yakitori skewers, sliced scallion & ginger salad
Powering performance				Roasted pollock fillet, red chicory & orange salad, Dijon dressing	
Sides	Fried plantain	Warm potato salad	Spiced sautéed potatoes	Sweet potato fries	Corn bread
		Garden salad	Coriander vegetable noodles	Roast tenderstem broccoli, spicy pumpkin seeds	Sugar snap peas
Desserts	Eastern European honey cake	Tiramisu	Passion fruit posset, vanilla shortbread	Chocolate brownie	Crepes with toppings