



Lunch Menu Monday 21 to Sunday 27 February

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Tomato	Roasted vegetable	Carrot & pearl barley	Leek & potato	Minestrone	Cauliflower	Broccoli
Mains kitchen	Thai green chicken curry with prawn crackers	Cumberland sausage toad in the hole with onion gravy	Black pepper crusted roast beef, Yorkshire pudding and gravy	Teriyaki chicken with stir fry vegetables	Battered hake, grilled lemon & tartar sauce	Oriental beef dumplings in a black bean sauce	Roast leg of pork with charred Bramley apple & gravy
Vegetarian	Mature cheddar & spring onion quiche	Chunky vegetable & chickpea chilli	Lebanese quinoa with charred halloumi	Quorn stir fry with ginger	Jackfruit burger with avocado salad	Tofu with pak choi & broccoli	Spinach & minted pea risotto
Street counter	Seafood & vegetable paella	Tangy Caribbean pork with sweet potato, slaw & corn	Turkey & mozzarella saltimbocca	Malaysian coconut pollock with sticky rice	Turkey burger in soft bap		
Powering performance		Horseradish baked cod, crumbed parsley & egg			Tuna & cauliflower salad		
Sides	Jasmine rice	Colcannon mash	Roast potatoes	Egg noodles	Chips	Braised rice	Roast potatoes
	Mangetout & carrots	Braised red cabbage	Roasted carrots	Chinese leaf	Petit pois	Stir fried vegetables	Roasted root vegetables
	Roasted broccoli	Sweetcorn	Fine green beans	Pak choi	Mushy peas		
Jacket potato bar	Jacket potato, baked beans, grated cheese	Jacket potato, baked beans, grated cheese	Jacket potato, baked beans, grated cheese	Jacket potato, baked beans, grated cheese	Jacket potato, baked beans, grated cheese	Jacket potato, baked beans, grated cheese	Jacket potato, baked beans, grated cheese
Pasta bar	Penne, ratatouille or creamy mushroom sauce with cheese, olives, garlic bread	Fusilli, cauliflower cheese & chive sauce, cheese, olives, garlic bread	Tagliatelle, chunky veg chilli, cheese, olives, garlic bread	Conchiglie, BBQ sausage casserole, cheese, olives, garlic bread	Macaroni, goats cheese & watercress sauce, cheese, olives, garlic bread	Pasta bar, Parmesan cheese, olives, garlic bread	Pasta bar, Parmesan cheese, olives, garlic bread
Desserts	Cherry & apple crumble	Vegan iced rice pudding	Baked banana sponge	Chocolate pear & ginger crumble	Toffee apple sponge	Creamy baked rice pudding with compote	Sweet Belgian waffles with chocolate & fruit



Supper Menu Monday 21 to Sunday 27 February

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Sweet potato	Broccoli	Mushroom	Sweetcorn chowder	Tomato & basil	Soup of the day	Soup of the day
Mains kitchen	Mediterranean-style beef pie	Stuffed spicy aubergines	BLT dogs with sauerkraut & crispy shallots	Cottage pie	Yardbird caesar salad with chicken or salmon served with croutons & Parmesan	Build-your-own pizza	Katsu chicken with kimchi
Street counter	Grilled cod with roasted fennel	Japanese Donburi rice bowl	Fish fingers	Chicken burrito, rice & refried beans			
Vegetarian	Quorn & vegetable casserole	Mushroom, spring onion & mangetout fried rice	Mac & cheese	Spicy bean tacos	Caesar marinated Quorn		Quorn katsu curry
Powering performance			Sweet potato chana masala with brown rice				
Sides	Sautéed potatoes	Olive & tomato risotto	Sweet potato wedges	Peas			Boiled rice
	Sautéed leeks & broccoli	Sautéed spinach	Slaw	Carrots			Garden peas
Desserts	Assorted desserts	Home made cookies	Brookie cake	Jam sponge with cream	Friday night treat	Orange drizzle cake	Ice cream



Lunch Menu Monday 28 February to Sunday 6 March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Butternut squash & coconut	Roasted vegetable	Carrot & pearl barley	Leek & potato	Chunky minestrone	Cock-a-leekie	Broccoli
Mains kitchen	Hake kedgeree	Spaghetti bolognese	Roasted chicken thigh with sage & onions	Roast pork with crackling & apple sauce	Battered cod with grilled lemon & tartar sauce	Brazilian chicken empadinha	Nasi goreng
Vegetarian	Vegan BBQ burrito	Leek, chive & wild mushroom frittata	Cheese, tomato & basil quiche	Quorn, vegetable & lentil stew	Phat cheesy pasty	Vegan caramelised mushroom pizza	No "foul" bouncing BBQ burger with potato wedges
Street counter	Tofu & vegetable kebab with couscous & roasted squash	Stir fried turkey with Asian vegetables & noodles	Korean sticky cauliflower	Chipotle chicken wrap with guacamole & sour cream	Cajun grilled gammon		
Powering performance		Chicken cacciatore			Lentil & borlotti bean cassoulet		
Sides	Roasted new potatoes		Fondant potato	Roast potatoes	Chips	Rice & beans	Stir fried vegetables
	Barley, mushroom & lentil salad	Peas	Kale	Roasted root vegetables	Mushy peas	Brazilian potato salad	
	Baby spinach	Parmesan & garlic focaccia	Saut��ed leeks & broccoli	French beans	Peas & sweetcorn		
Jacket potato bar	Jacket potato, baked beans, grated cheese	Jacket potato, baked beans, grated cheese	Jacket potato, baked beans, grated cheese	Jacket potato, baked beans, grated cheese	Jacket potato, baked beans, grated cheese	Jacket potato, baked beans, grated cheese	Jacket potato, baked beans, grated cheese
Pasta bar	Penne, ratatouille or creamy mushroom sauce with cheese, olives, garlic bread	Fusilli, cauliflower cheese & chive sauce, cheese, olives, garlic bread	Tagliatelle, chunky veg chilli, cheese, olives, garlic bread	Conchiglie, BBQ sausage casserole, cheese, olives, garlic bread	Macaroni, goats cheese & watercress sauce, cheese, olives, garlic bread	Pasta bar, Parmesan cheese, olives, garlic bread	Pasta bar, Parmesan cheese, olives, garlic bread
Desserts	Apple & cherry pie	Strawberry Bakewell tart	Toffee apple crumble	Bread & butter pudding	Chocolate brownie	Plum sponge	Marmalade sponge



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Tomato	Sweet potato	French onion	Sweetcorn chowder	Mushroom	Tomato & basil	Winter vegetable
Mains kitchen	BBQ chicken with mustard potatoes	Baked pangasius fillet on tomato & pea stew	Beef lasagne	BBQ pork belly with spicy sautéed potatoes	Chicken & leek pie	Make-your-own deli	Spicy chilli beef with noodles
Vegetarian	Spinach, butternut squash & chickpea tagine	Cheese tortellini with cherry tomatoes & olives	Shredded Hoisin jackfruit	Paneer kathi rolls with sambol	Quorn, leek and potato pie		Spanish Quorn casserole
Street counter	Spicy lamb & thyme Cornish pasty	Vietnamese clay pot pork with brown rice	Chilli chicken burrito with tomato salsa	Chicken kathi rolls with sambol	Chunky beef & bean chilli with braised rice		
Powering performance				Turkey & lentil tikka masala			
Sides	Couscous	Fine green beans	Potato wedges	Sautéed cabbage	Peas		Assorted dim sum with rice
	Charred corn & spinach	Broccoli	Coleslaw	Roast carrots	Cauliflower		Peas & corn
Desserts	Marble cake	Apple & cherry pie	Strawberry Bakewell tart	Toffee apple crumble	Apple strudel cake	Chocolate brownie	Ice cream