

Lunch Menu Monday 25 April to Sunday 1 May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Carrot, lemongrass & coriander	Leek & potato	Spiced lentil & squash	Roast parsnip	Sweet potato	Ginger roast carrot	Sunday brunch:
Mains kitchen	Turkey escalope, barley & lentil salad	Dingly Dell pork & herb sausages with onion gravy	Honey roast gammon with pineapple chutney	Texan chunky beef chilli, lime sour cream	Battered pollock, lemon wedges, cornichon tartar sauce	Piri piri chicken, baked lemon, herb yoghurt	Build your own porridge/muesli
Vegetarian	Beetroot falafel, shredded vegetable toasted wrap	Goan style aubergine & mushrooms	Tempeh & butternut squash massaman currey, black sesame pak choi	Seitan banh mi, steamed lotus bun	Veggie tikka masala, naan bread, poppadoms, mango chutney	Piri piri cauliflower steak, minted coconut yoghurt	Scrambled eggs, pork sausages, vegetable sausages, baked beans
Street counter	Sweet & sour deep fried tofu, steamed rice	Chicken kebab with sweet chilli, garlic flatbread & lemon courgettes	Courgette, feta, turmeric potato kuku, balsamic tomato jam	Japanese pork meatballs & pickled vegetables	Goan style seitan & bell pepper skewers, mango & mint dressing		Selection of mini croissants, pain au chocolat, pain au raisin, chocolate twist
Powering performance	Kale & mixed quinoa salad, baked lemon salmon	Teriyaki beef & mushrooms			Mustard oat crust mackerel & spinach risotto		Selection of cut fruit, including pineapple, melon, grapefruit & orange
Sides	Carrots	Colcannon mash	Roast new potatoes	Steamed rice	Chips	Rosemary roasted wedges	Smoothie of the day
	Baby corn	Green beans	Roasted carrots/spring greens	Mangetout & tenderstem broccoli	Petit pois mushy peas	Mixed salad & slaw	
	Baked potato fries	Stir fried rice	Pak choi	Korean slaw	Vegetable pilau		
Jacket potato bar	Jacket potato, shawarma spiced lamb, baked beans, grated cheese	Jacket potato, mustard chicken, baked beans, grated cheese	Jacket potato, chunky veggie chilli, baked beans, grated cheese	Jacket potato, Cajun spiced turkey mince, baked beans, grated cheese	Jacket potato, butternut tagine, baked beans, grated cheese	Jacket potato, baked beans, grated cheese	
Pasta bar	Penne, ratatouille or cheese & chive sauce	Fusilli, balsamic roast tomato or truffle & three cheese sauce	Tagliatelle, chunky veg chilli, Parmesan, olives, garlic bread	Conchiglie, puttanesca sauce or creamy basil pesto	Macaroni, creamy mushroom or tomato & olive sauce	Pasta bar, Parmesan cheese, olives, garlic bread	
Desserts	Pineapple upside down sponge	Coconut panna cotta, mango puree	Apple & pear crumble with custard	Chocolate mud pie	Dutch apple pie with cream	Peach melba, Greek berry compote	



Supper Menu Monday 25 April to Sunday 1 May

	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	Fish and chips	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