



Lunch Menu Monday 7 to Sunday 13 March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Tomato	Roasted vegetable	Carrot & pearl barley	Leek & potato	Minestrone	Cauliflower	Broccoli
Mains kitchen	Lamb biryani with naan bread & bhajis	Dingly Dell pork & herb sausages with onion gravy	Roast turkey breast with gravy	Shepherd's pie with cheesy mash	Battered pollock with charred lemon & tartar sauce	Piri piri chicken	Honey roast gammon with pineapple chutney
Vegetarian	Jackfruit jalfrezi	Roast cauliflower steak, cauliflower purée, zhoug, pickled stems	Beetroot falafel, quinoa & carrot toasted wrap	Vegetarian shepherd's pie	Quorn sausage & butterbean casserole	Piri piri cauliflower steak	Mediterranean vegetable & lentil strudel
		Celeriac, lentil & truffle pie					
Street counter	Korean Banh Mi in a steamed lotus bun with Korean slaw	Sticky BBQ pulled brisket mac & cheese	Poached smoked haddock & parsley sauce	Japanese pork meatballs with rice & Korean onion salad	Chicken kebab, sweet chilli, garlic flatbread & lemon		
Powering performance		Baby roast potatoes, miso alioli, spring greens, lemon dressing			Teryaki beef & mushroom stir fry		
Sides	Coconut rice	Colcannon mash	Roast new potatoes with bacon & onions		Chips	Rosemary roasted potato wedges	Baby potatoes
	Poppadoms	Petit pois	Roasted carrots	Mangetout	Petit pois	Mixed salad, slaw, sweetcorn	Roast root vegetables
	Broccoli	Green beans	Savoy cabbage	Carrots	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 vegetable 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	Pineapple upside-down sponge	Vanilla sponge	Banoffee crumble	Lemon cake	Dutch apple pie	Apple & pear crumble	Chocolate brownie



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Butternut squash & coconut	Broccoli	Mushroom	Sweetcorn chowder	Tomato & basil	Thai noodle	Pea, with ham on the side
Mains kitchen	Cajun southern fried chicken with a sweetcorn salsa	Hake fillet in a cheese & caper crust	Beef bourguignon	Burger bar	Chicken hoisin noodles with stir fried vegetables, soy sauce	Pizza bar	Jumbo fish fingers, lemon wedges, tartar sauce
Vegetarian	Spicy bean burger	Vegetable moussaka with garlic sauce topping	Turkish kebab with sumac onions		Quorn & spinach tagine	Spiced falafel with yoghurt & pitta	Quorn & vegetable stir fry with soy sauce & crackers
Street counter	Pork tagine, stewed fruits & couscous	Soffritto chicken, spelt, beans & kale	Char sui belly of pork with vegetable stir fry		Paneer jalfrezi with pilau rice, dhal & raita		
Sides	Sweet potato wedges	Diced potatoes	Boiled rice		Sautéed cabbage	Baked potato wedges	Skinny fries
	Sautéed leeks & broccoli	Peas & carrots	Green beans & kale		Corn on the cob	Salad bar	Mixed greens
Desserts	Chocolate cake	Red velvet cake	Carrot cake	Mississippi mud cake	Deconstructed cheesecake	Banana loaf	Ben & Jerry's ice cream



Lunch Menu Monday 14 to Sunday 20 March

	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



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	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	Friday night treat	Orange drizzle cake	Ice cream