



Lunch Menu Monday 9 to Sunday 15 May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Tomato & spiced red bean	Herby pea & asparagus	Carrot & pearl barley	Leek & potato	Curried lentil	Rosemary sweet potato	Broccoli
Mains kitchen	Slow-cooked lamb biryani	Beef lasagne, Parmesan garlic bread	Roast pork with crackling & apple sauce	Chicken parmigiana / Aubergine parmigiana	Battered cod with grilled lemon & tartar sauce	Katsu chicken, steamed rice, rich katsu sauce	Scrambled eggs, pork sausages, vegetable sausages, baked beans
Vegetarian	Cauliflower & broccoli three cheese bake with garlic foccacia	Tarka dhal, pilau rice, pakora	Beetroot Wellington	Roast garlic, cheese & super green frittata	Halloumi Lasagne	Miso aubergine, scrambled tofu	Cheesy flat bread pizza, mozzarella, cheddar & Parmesan, herb flat mushrooms
Street counter	Shawarma pulled chicken & seitan	Hoisin faux duck, sesame & ginger coriander noodles	Korean sticky vegetables	Sumac lamb patty, iceberg lettuce, tomato, hummus aioli, toasted brioche			Spicy pepperoni flat bread pizza, mozzarella, cheddar & Parmesan
Powering performance					Salmon fishcakes, hollandaise sauce or piperade salsa		
Sides	Rocket & Parmesan salad	Mixed spring greens	Roast potatoes, roasted root vegetables	Basil pesto roasted Mediterrean vegetables	Chips	Sesame vegetable rice noodles	Parmesan polenta cubes
	Sumac roasted vegetables	Parsley Lyonnaise	Steamed kale & mangetout	Minted potatoes	Mushy peas	Steamed rice/pickled vegetables	Rocket & Parmesan salad or caponata vegetables
	Warm potato salad	Prawn crackers	Broccoli & roast red pepper	French beans	Peas & sweetcorn	Bao buns	
Jacket potato bar	Jacket potato, turkey masala, baked beans, grated cheese	Jacket potato, mustard chicken, baked beans, grated cheese	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	Penne, ratatouille or cheese & chive sauce	Fusilli, balsamic roast tomato or truffle & three cheese sauce	Tagliatelle, chorizo carbonara or spinach, mascarpone & Parmesan sauce	Conchiglie, puttanesca sauce or creamy basil pesto	Macaroni, creamy mushroom or tomato & olive sauce		
Desserts	Spiced pear & polenta cake	Double chocolate brownie	Peach & apple crumble	Salted caramel banana Eton mess	Blueberry hot cross bread and butter pudding	Mhalbi with maple granola	Chocolate chip scones



Supper Menu Monday 9 to Sunday 15 May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Tomato & basil	Butternut squash & coconut	French onion	Sweetcorn chowder	Mushroom	Leek, pea & spinach	Spring vegetable broth
Mains kitchen	Pork kleftiko	Lemon & caper grilled chicken, caprese salad	Three-cheese mac, crispy shallots, crispy smoked bacon, brisket beef	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
Vegetarian	Onion bhaji burger, mango yoghurt, crunchy lettuce, crispy shallots, red pepper coulis	Mushroom stroganoff, parsley wild rice		Veggie lasagne	Shredded hoisin jackfruit		Chipotle marinated tofu, herby five-bean salad, corn salsa
Street counter	Salt beef bagels, crunchy gherkin, mustard mayo,	Kale, quinoa, roasted squash pilau, sticky tempeh, spicy green		Chilli chicken burrito with tomato salsa	Stir fried turkey with Asian vegetables & noodles		Beef yakitori skewers, sliced scallion & ginger
Powering performance						Roasted pollock fillet, red chicory & orange salad, Dijon dressing	
Sides	Baked bell peppers & potatoes	Garlic dough balls	BBQ beans	Warm potato salad	Spiced sautéed potatoes	Sweet potato fries	Corn bread
	Green beans		Parmesan rocket salad	Garden salad	Coriander vegetable noodles	Roast tenderstem broccoli, spicy pumpkin seeds	Sugar snap peas
Desserts	Spiced orange cake with pomegrate molasses frosting	Waffles or pancakes with banana & salted caramel sauce	Dark chocolate & cherry bars	Tiramisu	Passion fruit posset, vanilla shortbread	Chocolate brownie	Crepes with toppings