

Lunch Menu Monday 6 to Sunday 12 June

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Butternut squash & coconut	Courgette & lemongrass	Carrot & pearl barley	Leek & potato	Curried lentil	Rosemary sweet potato	Broccoli
Mains kitchen	Zesty lentil prawn & haddock pilau	Beef lasagne	Roast pork with crackling & apple sauce	Coq au vin	Battered cod with grilled lemon & tartar sauce	Brazilian chicken empadinhas	Roast topside beef, Yorkshire puddings
Vegetarian	Piri piri grilled halloumi, grilled vegetables	Vegan BBQ burrito	Crocque madame, miso bechamel, spiced fried egg	Aubergine & veggie chilli	Tandoori chickpea, naan, pickled red onion, lettuce & cucumber, coconut yoghurt	BBQ jackfruit, raisin, coconut & coriander slaw, whole wheat wrap	Hong Kong-style tofu, steamed rice, crackers
Street counter	Fried chicken, sriracha sour cream mayo	Hawaiian-style hot & sour huli huli chicken, crispy plantain	Korean sticky cauliflower	Pea, broccoli & paneer fritters, spicy mango relish	Tofu & vegetable kebab with couscous & roasted squash		
Sides	Sweet potato fries	Garlic & sage potatoes	Roast potatoes, roasted root veg	Warm crusty bread	Chips	Black bean stew	Roast potatoes and vegetables
	Apple slaw, toasted seeds	Roasted Mediterranean vegetables	Steamed kale & mangetout	Wild rice	Mushy peas	Slaw & salads	Mixed spring greens
	Wok tossed spring greens	Parmesan & garlic focaccia	Broccoli & roast red pepper	French beans	Peas & sweetcorn		
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	Chef's pasta special	Chef's pasta special
Desserts	Lemon drizzle cake, honey yoghurt	Strawberry Bakewell tart	Toffee apple crumble	Blueberry & orange swiss roll, maple Greek yoghurt	Chocolate brownie	Tarte tatin	Black Forest tart



Supper Menu Monday 6 to Sunday 12 June

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Tomato & basil	Squash & coriander	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 duck, stir fried greens	Selection of tacos, crispy chicken strips, baked salmon, herb falafel, crunchy salads & dips	Crumbed chicken fillet, succulent beef, or vegan buttermilk burger, selection of buns, sauces, salads & fries
Vegetarian	Onion bhaji burger, mango yoghurt, crunchy lettuce, crispy shallots, red pepper coulis	Mushroom stroganoff, parsley wild rice		Veggie lasagne	Shredded hoisin jackfruit		
Street counter	Salt beef bagel, crunchy gherkin, mustard mayo, Emmental cheese	Kale, quinoa, roasted squash pilau, sticky tempeh, spicy green beans		Chilli chicken burrito with tomato salsa	Stir fried turkey with Asian vegetables & noodles		
Sides	Baked bell peppers & potatoes	Garlic dough balls	BBQ beans	Warm potato salad	Spiced sautéed potatoes	Sweet potato fries	Potato wedges
	Green beans	Lemon courgettes	Parmesan rocket salad	Garden salad	Coriander vegetable noodles	Roast tenderstem broccoli, spicy pumpkin seeds	Slaw/green salad
Desserts	Waffles with banana & salted caramel sauce	Spiced orange cake, pomegranate molasses frosting	Dark chocolate & cherry bars	Pina colada tres leches cake	Chocolate Brownie	Milkshakes	Ben & Jerry's ice cream

Lunch Menu Monday 13 to Sunday 19 June

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Carrot, lemongrass & coriander	Leek & potato	Spiced lentil & squash	Roast parsnip	Sweet potato	Ginger roast carrot	Sweetcorn
Mains kitchen	Turkey escalope, barley & lentil salad	Dingly Dell pork & herb sausages with onion gravy	Roast turkey breast, cranberry sauce, Yorkshire pudding, gravy	Texan chunky beef chilli, lime sour cream	Battered pollock, lemon wedges, tartar sauce	Piri piri chicken, baked lemon, herb yoghurt	Boiled eggs, English muffins, ham & salami, Quorn sausages, smashed avocado
Vegetarian	Beetroot falafel, shredded vegetable toasted wrap	Goan style aubergine & mushrooms	Tempeh & butternut squash massaman curry, 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	
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		Specials
Powering performance	Kale & mixed quinoa salad, baked lemon salmon	Teriyaki beef & mushrooms			Mustard oat crust mackerel & spinach risotto		
Sides	Carrots	Colcannon mash	Roast new potatoes	Steamed rice	Chips	Rosemary roasted wedges	Sweet potato fries
	Baby corn	Green beans	Roasted carrots/spring greens	Mangetout & tenderstem broccoli	Petit pois mushy peas	Mixed salad & slaw	BBQ beans
	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	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	Banoffee crumble



Supper Menu Monday 13 to Sunday 19 June

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Butternut squash & coconut	Broccoli	Mushroom	Sweetcorn chowder	Tomato & basil	Cumin roast cauliflower	Minted pea
Mains kitchen	Lamb biryani, mango chutney, citrus yoghurt	Sticky ginger salmon, sesame rice noodles	Spicy chicken, beef or bean burger, selection of buns,	Char sui belly of pork on vegetable stir fry	Kale Caesar salad, grilled goats cheese, baked salmon or maple gammon steak, roast tomato, garlic bread sticks, Caesar dressing	Cajun southern fried chicken with a sweetcorn salsa	Honey roast gammon with pineapple chutney
Vegetarian	Normandy pork steaks, bramley apples, mustard cream sauce	Soffritto chicken, spelt, beans & kale		Courgette & brie gratin		Smoked tofu, brown rice, spinach, pickled vegetables, katsu broth	
Street counter	Pea & broccoli fritters, orange, avocado & spinach salad, red pepper coulis	Spiced falafel with yoghurt & pitta bread	Seitan vegetable skewers, katsu glaze	Char sui aubergine & button mushrooms	Turkish kebab with sumac onions	Oat-coated Quorn fillet, spicy piperade	Mediterranean vegetable & lentil strudel
Sides	Crisply potatoes with capers	Parsley diced potatoes	Mac & cheese	Ginger noodles	Salads/sauces	Baked wedges	Minted new potatoes
	Mangetout	Sweetcorn	BBQ Cajun beans	Stir fried vegetables	Asparagus rice salad, avocado dressing	Salad bar, slaw, corn on the cob	Seasonal roast vegetables, broccoli
Desserts	Lemon drizzle flapjacks	Nanaimo bars	Carrot cake with lime frosting	Mississippi mud cake	Orange & passionfruit bake, mascarpone icing	White chocolate banana loaf	Ben & Jerry's ice cream

Lunch Menu Monday 20 to Sunday 26 June

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Tomato	Roasted vegetable	Carrot & pearl barley	Leek & potato	Cream of mushroom	Cauliflower	Broccoli
Mains kitchen	Thai green chicken curry, with prawn crackers	Pork schnitzel, mushroom cream or chilli tomato sauce	Black pepper crusted roast beef, gravy, Yorkshire pudding	Teriyaki chicken with Asian-style vegetables	Battered hake, grilled lemon, tartar sauce	Sticky chicken wings & drummers	Roast leg of pork with charred Bramley apple, gravy
Vegetarian	Spicy five-bean tacos, lime coconut yoghurt	Hong Kong style crispy tofu, rice noodles	Lebanese quinoa with charred halloumi, lemon chickpea dressing	Quorn stir fry with ginger	Jackfruit burger with avocado salad	Tofu with pak choi, broccoli, mushrooms, sweet chilli glaze	Spinach & minted pea risotto
Street counter	Seafood & vegetable paella	Chipotle chicken wrap with guacamole & sour cream	Turkey burger in soft bap	Tangy Caribbean pork with mango slaw, sweet potato and corn	Sesame tofu & noodle ramen		
Powering performance		Sweet potato chana masala with rice			Sautéed salmon, lemon herb crust		
Sides	Jasmine rice	Garden vegetables	Roast potatoes	Egg noodles	Chips or steamed new potatoes	Braised rice	Roast potatoes
	Mangetout & carrots	Sautéed potatoes	Roasted carrots	Chinese leaf & pak choi	Petit pois	Stir fried vegetables	Roasted root vegetables
	Roasted broccoli	Prawn crackers	Fine green beans	Mango slaw	Mushy peas		
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	Jacket potato, 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	Pasta bar, Parmesan cheese, olives, garlic bread
Desserts	Spiced apple strudel	Vegan iced rice pudding, cinnamon forest fruit compote	Chocolate & ginger cobbler	Red velvet cake with vanilla whipped cream	Toffee apple sponge	Carrot & courgette cake, mascarpone icing	Belgian waffles with chocolate sauce & fruit salad

Supper Menu Monday 20 to Sunday 26 June

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Sweet potato	Broccoli	Sweetcorn chowder	Mushroom	Tomato & basil	Carrot, coconut & lentil	Herby pea & asparagus
Mains kitchen	Maple & orange glazed turkey escalopes	Spicy lamb keema pau	Selection of flavoured dogs, grilled subs, toppings, salads, fries & sides	Keto pork coconut curry, broccoli confetti rice	Turkey chilli nachos or cauliflower & chickpea chilli nachos, avocado, soured cream, spicy salsa, grated cheeses, seeds & grains	'Hail Caesar' served with chargrilled chicken, lemon salmon or maple Quorn fillet, with crunchy croutons & Parmesan	Hoisin crispy duck
Vegetarian	Vegetarian enchiladas	BBQ brisket beef, green apple slaw, spicy salsa		Tuna niçoise, toasted barley & lemon red lentils			
Street counter	Smoky spiced jollof rice, coconut fried plantain	Quorn & black bean biryani, tomato & onion salad,		Gado-gado			Nasi goreng, crackers, sweet chilli dip
Powering performance			Cajun roast coley, baked peppers, lime yoghurt				
Sides	Sautéed potatoes	Mediterranean vegetables	Black pepper wedges	Sesame & orange carrots		Herb coated new potatoes	Sesame & ginger coriander noodles
	Fine green beans	Cumin & spinach potatoes	Slaw, BBQ beans	Toasted breads		Roasted Mediterranean vegetables	Parsley Lyonnaise
Desserts	Home made cookies	Lemon meringue pie	Brookie cake / milkshakes	Mocha panna cotta	Churros with salted caramel sauce	Seeded flapjacks & ice cream selection	Peach Eton mess, fruit yoghurt



Lunch Menu Monday 27 June to Sunday 3 July

	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, three-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 or 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 27 June to Sunday 3 July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Courgette & mint	Carrot & lemongrass	Chicken & sweetcorn	French onion	Mushroom	Leek, pea & spinach	Spring vegetable broth
Mains kitchen	Dukkah pork loin, lentil tabbouleh	Maple mustard chicken, rosemary roasted potatoes	Build your own subs: selection of freshly baked demi baguettes to fill with shredded hoisin jackfruit, sticky BBQ chicken, fish balls, salads and sauces	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	Crispy mushroom parmigiana salad	Cajun barramundi, charred corn salad		Chilli chicken burrito with tomato salsa	Stir fried turkey with Asian vegetables & noodles		Beef yakitori skewers, sliced scallion & ginger salad
Street counter	Citrus garlic prawns, Lebanese couscous salad	Chipotle marinated tofu, herby five-bean salad, salsa verde		Veggie lasagne	Tofu, coconut & vegetable laksa		Halloumi shakshuka
Powering performance						Roasted pollock fillet, red chicory & orange salad, Dijon dressing	
Sides	Garlic sweet potato wedges	Charred corn salad	Spiral fries	Warm potato salad	Spiced sautéed potatoes	Sweet potato fries	Corn bread
	Herby green beans	Roasted vegetables		Garden salad	Coriander vegetable noodles	Roast tenderstem broccoli, spicy pumpkin seeds	Sugar snap peas
Desserts	Condensed milk Anzac flapjacks	Waffles or pancakes with banana & salted caramel sauce	Ginger loaf with baked peaches	Tiramisu	Passion fruit posset, vanilla shortbread	Rhubarb & dark chocolate tarte	Apple pop tarts, cinnamon icing



Lunch Menu Monday 4 to Tuesday 5 July

	MONDAY	TUESDAY
Soup	Butternut squash & coconut	Courgette & lemongrass
Mains kitchen	Zesty lentil prawn & haddock pilau	Beef lasagne
Vegetarian	Piri piri grilled halloumi, grilled vegetables	Vegan BBQ burrito
Street counter	Fried chicken, sriracha sour cream mayo	Hawaiian-style hot & sour huli huli chicken, crispy plantain
Sides	Sweet potato fries	Garlic & sage potatoes
	Apple slaw, toasted seeds	Roasted Mediterranean vegetables
	Wok tossed spring greens	Parmesan & garlic focaccia
Jacket potato bar	Jacket potato, turkey masala, baked beans, grated cheese	Jacket potato, mustard chicken, baked beans, grated cheese
Pasta bar	Penne, ratatouille or cheese & chive sauce	Fusilli, balsamic roast tomato or truffle & three cheese sauce
Desserts	Lemon drizzle cake, honey yoghurt	Strawberry Bakewell tart



Supper Menu Monday 4 to Tuesday 5 July

	MONDAY	TUESDAY
Soup	Tomato & basil	Squash & coriander
Mains kitchen	Pork kleftiko	Lemon & caper grilled chicken, caprese salad
Vegetarian	Onion bhaji burger, mango yoghurt, crunchy lettuce, crispy shallots, red pepper coulis	Mushroom stroganoff, parsley wild rice
Street counter	Salt beef bagel, crunchy gherkin, mustard mayo, Emmental cheese	Kale, quinoa, roasted squash pilau, sticky tempeh, spicy green beans
Sides	Baked bell peppers & potatoes	Garlic dough balls
	Green beans	Lemon courgettes
Desserts	Waffles with banana & salted caramel sauce	Spiced orange cake, pomegranate molasses frosting