



Lunch Menu Monday 31 January to Friday 4 February

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Tomato	SURPRISE THEMED LUNCH	Carrot & pearl barley	Leek & potato	Chunky minestrone
Mains kitchen	Thai green chicken curry with prawn crackers		Black pepper crusted roast beef, Yorkshire pudding and gravy	Teriyaki chicken with stir fry vegetables	Battered hake, grilled lemon & tartar sauce
Vegetarian	Mature cheddar & spring onion quiche		Lebanese quinoa with charred halloumi	Quorn stir fry with ginger	Jackfruit burger with avocado salad
Street counter	Seafood & vegetable paella		Turkey & mozzarella saltimbocca	Malaysian coconut pollock with sticky rice	Turkey burger in soft bap
Powering performance					Tuna & cauliflower salad
Sides	Jasmine rice		Roast potatoes	Egg noodles	Chips
	Mangetout & carrots		Roasted carrots	Chinese leaf	Petit pois
	Roasted broccoli		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
Pasta bar	Penne, ratatouille or creamy mushroom sauce with 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
Desserts	Cherry & apple crumble		Baked banana sponge	Chocolate pear & ginger crumble	Toffee apple sponge



Lunch Menu Monday 7 to Friday 11 February

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Butternut squash & coconut	Roasted vegetable	Carrot & pearl barley	Leek & potato	Chunky minestrone
Mains kitchen	Hake kedgeree	Spaghetti bolognese	Roasted chicken thigh with sage & onions	Roast pork with crackling and apple sauce	Battered cod with grilled lemon & tartar sauce
Vegetarian	Vegan BBQ burrito	Leek, chive & wild mushroom frittata	Cheese, tomato & basil quiche	Quorn, vegetable & lentil stew	Phat cheesy pasty
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
	Barley, mushroom & lentil salad	Peas	Kale	Roasted root veg	Mushy peas
	Baby spinach	Parmesan & garlic foccacia	Sautéed 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
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
Desserts	Apple & cherry pie	Strawberry Bakewell tart	Toffee apple crumble	Bread & butter pudding	Chocolate brownie