



Lunch Menu Monday 4 to Friday 8 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Fennel & herb	Carrot & ginger	Summer vegetable broth	Sweetcorn chowder	Tomato & basil
Mains kitchen	Smoky BBQ chicken breast Caesar salad, croutons, mixed baby gem & cos lettuce	Pork in black bean sauce, soy noodles, prawn crackers	Shepherd's pie, topped with sweet potato mash, gravy	Glazed roast gammon, sweet chilli sauce	BBQ glazed chicken breast, slaw & barbecue sauce
Vegetarian	Roasted squash, lemon grass & basmati laksa bake	Kale, quinoa fritters, pesto sauce with citrus crème fraiche, mixed salad	Wild mushroom stroganoff, basmati rice	Peppers, courgette & feta pitta bread with chilli jam	Grilled halloumi, marinated courgette and aubergine, herby couscous, hummus dressing
Fish counter	Tuscan cod, salsa verde, thyme new potatoes		Grilled cod with chorizo, caper sauce		Battered pollock, tartar sauce, lemon wedge
Sides	Thyme new potatoes			Lemon & rosemary baked wedges	Chips
	Glazed carrots & parsley	Steamed Chinese greens	Sweetcorn	Roast cauliflower	Peas
	Lemon courgette	Broccoli florets	Green beans & red onion	Mixed green vegetables	Mushy peas
Jacket potato / pasta bar	Penne, Cumberland ragu, mushroom & leek alfredo, cheese, olives, garlic bread	Jacket potato, lamb savoury mince, baked beans, grated cheese	Beef dhansak, roasted cauliflower & potato masala, fragrant rice, naan bread, poppadoms, onion bhaji, lamb samosas, chutney	Spaghetti, chicken, broccoli fricassee, red pesto cream, cheese, olives, garlic bread	Jacket potato, chilli con carne, BBQ baked beans, grated cheese
Desserts	Pear & blackberry crumble with custard	Sticky toffee pudding with Chantilly cream	Lemon & raspberry sponge with custard	Baked rice pudding with jam sauce	Apple pie with custard



Lunch Menu Monday 11 October to Friday 15 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Curried lentil	Classic tomato	Courgette and lemongrass	Sweet potato and thyme	Butternut squash and basil
Mains kitchen	Beef chilli, tortilla bread, sour cream, guacamole	Chicken, leek & mushroom pie, roasted new potatoes	Roasted pork loin steak, apple sauce, gravy, crackling	Chicken tikka masala, naan bread, poppadoms, mango chutney	
Vegetarian	Beans & vegetable chilli, tortilla bread, sour cream, guacamole	Quorn & vegetable casserole	Thyme-infused root vegetable pie	Mixed vegetable korma	Red lentil, vegetable & seeds roast with vegetable gravy
Fish counter	Grilled hake fillets with tomato salsa, boulangerie potatoes		Baked red mullet, caper & parsley vinaigrette, sautéed cabbage		Smoked haddock & spring onion fish cake, tartar sauce, lemon wedge
Sides	Boulangerie potatoes	Roasted new potatoes	Thyme & garlic roasted potatoes	Fragrant basmati rice	Chips
	Roasted cauliflower	Broccoli florets	Roasted parsnip	Lemon roasted courgette	Peas
	Steamed green beans	Sweetcorn	Braised red cabbage	Steamed carrots	Mushy peas
Jacket potato / pasta bar	Farfalle, ratatouille sauce, turkey bolognaise, cheese, olives, garlic bread	Jacket potato, curried lamb, baked beans, grated cheese	Sweet & sour chicken or tofu with rice noodles, vegetable or beef spring rolls, prawn crackers	Fusilli, ham & mushroom carbonara sauce, green pesto in tomato sauce, cheese, olives, garlic bread	Jacket potato, chicken & mushroom ragout, baked beans, grated cheese
Desserts	Jam sponge with custard	Apple & berries crumble with custard	Chocolate cake with chocolate custard	Lemon drizzle cake with lemon sauce	Plum upside-down cake with custard