



## Supper menu from Monday 6 to Sunday 12 November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main courses &amp; sides</b>	Jerk chicken  Sweet potato & black pea curry  Jerk gravy Rainbow slaw Rice & peas Fried plantain  Broccoli, spinach & feta quiche  Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese	Pulled turkey  Quorn chilli  Steamed rice Iceberg lettuce Chopped tomatoes Refried beans Tomato salsa Sour cream Wrap  Pasta & tomato bake  Jacket potatoes Pasta Tomato sauce Grated cheese	Korean glazed pork steak  Vegetarian/vegan bibimbap bowls  Sesame & honey braised potatoes Fried broccoli Sweet & sour radish salad Cucumber salad  Ham & cheese crown  Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese Salad	Grilled chicken  Marinated grilled halloumi  New potatoes Crisp kos lettuce Anchovies Shaved Parmesan Free range egg Plum tomatoes Herby garlic croutons  Spaghetti pesto pasta  Jacket potatoes Pasta Tomato sauce Grated cheese	Chilli hot dogs  Veggie burger patty  Smoked cheese Brioche bun Beef tomato Baby gem lettuce Slaw Fries  Vegan sausage rolls  Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese Salsa	Creamy mac & cheese with selection of toppers & sides  Rocket salad Garlic bread  Pizza  Jacket potatoes Pasta Tomato sauce Grated cheese	Selection of freshly rolled sushi  Miso noodle soup Gyoza dumplings Japanese pancakes Spiced sugar snaps Soya sauce Wasabi Pickled ginger  Three-cheese & ham toastie  Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese
<b>Dessert</b>	Carrot cake	Apple, blackcurrant & oat muffins	Banoffee pie pots	Butterscotch sponge & custard	Raspberry ripple & lemon curd cheesecake pot	Lemon & poppy seed sponge with lemon drizzle sauce	Chef's special cake of the day

## Lunch menu from Monday 13 to Sunday 19 November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main courses</b>	Chilli con carne  Vegetarian chilli  Huevos rancheros	Selection of sausages, including vegan sausages  Cauliflower & broccoli cheese	Roast beef, Yorkshire pudding, horseradish sauce  Plant-based mixed seed roast  Potato pancakes, crushed avocado, salsa & fried eggs	Teriyaki glazed chicken thighs  Teriyaki glazed Quorn fillets  Paneer, chickpea & spinach dhal	Breaded fish, tartare sauce  Sticky BBQ taco shells  Winter vegetable risotto with ricotta	Selection of filled calzone  Creamy salmon gnocchi	Kebab bar:  Lamb Chicken Seitan Falafels Hummus
<b>Sides</b>	Steamed rice Nachos Salsa Sour cream Green beans Roasted cauliflower	Mashed potato Baked beans Roasted red onion & courgettes Tomato relish gravy	Roast new potatoes Roast parsnips Crushed carrot & swede Gravy	Noodles Stir fried vegetables Broccoli with sesame seeds	Chips Grilled tomatoes Peas	Garlic dough bites Tomato, mozzarella & basil salad Fennel, orange & mint salad	Pitta Tomatoes Cucumber Sliced onion Lettuce Chillis Selection of sauces
<b>Pasta &amp; jacket potatoes</b>	Grated Cheddar Baked beans Tomato sauce  Chef's hot potato filling of the day	Baked beans Tomato sauce  Chef's hot potato filling of the day	Grated Cheddar Baked beans Tomato sauce  Chef's hot potato filling of the day	Baked beans Tomato sauce  Chef's hot potato filling of the day	Grated Cheddar Baked beans Tomato sauce  Chef's hot potato filling of the day	Baked beans Tomato sauce  Chef's hot potato filling of the day	Grated Cheddar Baked beans Tomato sauce  Chef's hot potato filling of the day
<b>Hot dessert</b>	Caribbean coconut crumble & custard  Cut mixed fruit	Wholemeal rye carrot cake with chia seed  Cut mixed fruit	Apple streusel tart & custard  Cut mixed fruit	Dark chocolate & malted milk cake  Cut mixed fruit	Plant-based pear & blackberry pie & soya custard  Cut mixed fruit	Chocolate sponge & chocolate sauce  Cut mixed fruit	Chef's choice dessert  Cut mixed fruit

## Supper menu from Monday 13 to Sunday 19 November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	Marinated chicken wings	Pulled turkey	Sweet & sour pork	Beef lasagne	Pulled brisket	Nut-free satay chicken thigh	Bratwurst, frankfurter & chicken sausages
	Peri peri Quorn strips	Butterbean fritters	Sweet chilli tofu	Vegetable lasagne	Pork ribs	Caramel pork	
	Crispy breaded garlic mushrooms	Chickpea & tomato stew	Egg fried rice	Garlic focaccia	Southern fried chicken	Bang bang prawn salad	Vegan dogs
	Fries	Baked lemon potatoes	Stir fried vegetables	Caesar salad	Bang bang cauliflower bites	Pho scrambled tofu soup	Pretzel & brioche rolls
	Rainbow slaw	Flat bread	Vegetable spring rolls	Roasted vegetables	Mac & cheese	Crispy marinated tempeh	Potato salad
	Spicy rice	Shredded lettuce	Prawn crackers	Pesto	Corn bread		Sauerkraut
	Macho peas	Tomato & cucumber	Caesar wrap	Kale & toasted breadcrumbs	Battered okra	Chilli & lime charred cabbage	Nachos
	Pitta pockets	Pickled cabbage	Jacket potatoes	Meatball boats		Stir fried vegetables & lemongrass rice	Grilled corn
	Fish finger sandwich	Garlic yoghurt	Penne pasta	Jacket potatoes	Pizza snacks	noodles	Onions
	Jacket potatoes	Chilli sauce	Tomato sauce	Penne pasta		Summer rolls	Mustard & sauces
Dessert	Penne pasta	Mediterranean vegetable quiche	Grated cheese	Tomato sauce	Jacket potatoes	Pickles	Frittatas
	Tomato sauce			Grated cheese	Pasta	Spanakopita	Jacket potatoes
	Grated cheese	Jacket potatoes			Tomato sauce	Jacket potatoes	Pasta
		Penne pasta			Grated cheese	Pasta	Tomato sauce
		Tomato sauce				Tomato sauce	Grated cheese
		Grated cheese				Grated cheese	
	Classic rocky road	Salted caramel sponge & custard	Spiced banana & date sponge	Treacle sponge & toffee custard	Fruity yoghurt granola pots	Plant based iced cinnamon buns	Chef's choice dessert



## Lunch menu Monday 20 to Sunday 26 November

[illegible]



## Supper menu Monday 20 to Sunday 26 November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main courses &amp; sides</b>	<p>Pork jambalaya, chimichurri sauce &amp; salsa</p> <p>Cauliflower &amp; cumin fritters with lime yoghurt</p> <p>Black bean &amp; tomato salad, roast squash &amp; chickpeas</p> <p>Macaroni cheese</p> <p>Jacket potatoes Penne pasta Tomato sauce Grated cheese</p>	<p>Pulled beef sloppy joes</p> <p>Potato salad</p> <p>Dill pickles</p> <p>Buns</p> <p>Corn on the cob</p> <p>Coleslaw</p> <p>Onion rings</p> <p>Four-cheese gnocchi bake</p> <p>Jacket potatoes</p> <p>Penne pasta</p> <p>Tomato sauce</p> <p>Grated cheese</p>	<p>Tandoori chicken thighs</p> <p>Paneer &amp; chickpea korma</p> <p>Biryana vegetable curry</p> <p>Poppadoms</p> <p>Chutney</p> <p>Raita</p> <p>French bread pizza</p> <p>Jacket potatoes</p> <p>Tomato sauce</p> <p>Grated cheese</p>	<p>Pork/lamb souvlaki with lemon &amp; thyme baked new potatoes</p> <p>Vegetarian moussaka</p> <p>Flatbreads</p> <p>Hummus</p> <p>Tzatziki</p> <p>Chickpea salad</p> <p>Spinach &amp; ricotta cannelloni</p> <p>Jacket potatoes</p> <p>Tomato sauce</p> <p>Grated cheese</p>	<p>Selection of burgers, including plant-based</p> <p>Baked herby wedges</p> <p>Cheese slices</p> <p>Buns</p> <p>Sliced tomatoes</p> <p>Onions</p> <p>Garlic mushrooms</p> <p>Salads &amp; sauces</p> <p>Quiche Lorraine Le Tourier</p> <p>Jacket potatoes</p> <p>Penne pasta</p> <p>Tomato sauce</p> <p>Grated cheese</p>	<p>Jacket potato bar with a selection of fillings</p> <p>Sausage rolls</p> <p>Penne pasta</p> <p>Tomato sauce</p> <p>Grated cheese</p>	<p>Toad in the hole with sweet potato fries</p> <p>Quesadillas</p> <p>Jacket potatoes</p> <p>Penne pasta</p> <p>Tomato sauce</p> <p>Grated cheese</p>
<b>Dessert</b>	Plant-based apricot & mint betty with soya custard	Donuts	Banana cake	Lemon tart	Golden syrup sponge & custard	Cupcakes with chocolate frosting	Chef's special cake of the day

## Lunch menu from Monday 27 November to Sunday 3 December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main courses</b>	Meat free Monday:  Mixed vegetable jambalaya  Roasted peppers & potatoes with tortillas  Mixed bean & vegetable casserole with cheesy dumplings	Beef Thai red curry  Pepper & Quorn Pad Thai	Roast chicken with stuffing & gravy  Vegan lasagne  Italian stuffed aubergines with mozzarella & pesto	Pork & apple sausage plait  Cheddar & onion plait  Vegan mushroom risotto	Fish finger wrap, tartar sauce  Fish 'Less' fingers (vegan)  Courgette & toasted seed frittata with red pepper sauce	Peri peri chicken  Spiced chickpea wrap  Grilled mushroom & halloumi pittas	Bruschetta bar: selection of loaded toasted bread
<b>Sides</b>	Sweetcorn Cauliflower cheese	Stir fried noodles Sweet chilli vegetables Mangetout	Roast potatoes Carrots Steamed greens	Crushed potatoes Red cabbage Broccoli Onion gravy Honey mustard dressing	Chips Mushy peas Garden peas	Sweet potato fries Broccoli Corn on the cob Rainbow salad	Fries Salad
<b>Pasta &amp; jacket potatoes</b>	Grated Cheddar Baked beans Tomato sauce  Chef's hot potato filling of the day	Baked beans Tomato sauce  Chef's hot potato filling of the day	Grated Cheddar Baked beans Tomato sauce  Chef's hot potato filling of the day	Baked beans Tomato sauce  Chef's hot potato filling of the day	Grated Cheddar Baked beans Tomato sauce  Chef's hot potato filling of the day	Baked beans Tomato sauce  Chef's hot potato filling of the day	Grated Cheddar Baked beans Tomato sauce  Chef's hot potato filling of the day
<b>Dessert</b>	Coconut & raspberry sponge  Cut mixed fruit	Plant based banana & chocolate pudding  Cut mixed fruit	Scrumble  Cut mixed fruit	Banana & chocolate chip loaf cake  Cut mixed fruit	Marble cake with chocolate icing  Cut mixed fruit	Chocolate brownie  Cut mixed fruit	Chef's dessert of the day  Cut mixed fruit

## Supper menu from Monday 27 November to Sunday 3 December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main courses &amp; sides</b>	Jerk chicken  Sweet potato & black pea curry  Jerk gravy Rainbow slaw Rice & peas Fried plantain  Broccoli, spinach & feta quiche  Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese	Pulled turkey  Quorn chilli  Steamed rice Iceberg lettuce Chopped tomatoes Refried beans Tomato salsa Sour cream Wrap  Pasta & tomato bake  Jacket potatoes Pasta Tomato sauce Grated cheese	Korean glazed pork steak  Vegetarian/vegan bibimbap bowls  Sesame & honey braised potatoes Fried broccoli Sweet & sour radish salad Cucumber salad  Ham & cheese crown  Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese Salad	Grilled chicken  Marinated grilled halloumi  New potatoes Crisp kos lettuce Anchovies Shaved Parmesan Free range egg Plum tomatoes Herby garlic croutons  Spaghetti pesto pasta  Jacket potatoes Pasta Tomato sauce Grated cheese	Chilli hot dogs  Veggie burger patty  Smoked cheese Brioche bun Beef tomato Baby gem lettuce Slaw Fries  Vegan sausage rolls  Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese Salsa	Creamy mac & cheese with a selection of toppers & sides  Rocket salad Garlic bread  Pizza  Jacket potatoes Pasta Tomato sauce Grated cheese	Selection of freshly rolled sushi  Miso noodle soup Gyoza dumplings Japanese pancakes Spiced sugar snaps Soya sauce Wasabi Pickled ginger  Three-cheese & ham toastie  Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese
<b>Dessert</b>	Carrot cake	Apple, blackcurrant & oat muffins	Banoffee pie pots	Butterscotch sponge & custard	Raspberry ripple & lemon curd cheesecake pot	Lemon & poppy seed sponge with lemon drizzle sauce	Chef's special cake of the day





## Lunch menu from Monday 4 to Sunday 10 December

[illegible]



## Supper menu from Monday 4 to Sunday 10 December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	Marinated chicken wings	Pulled turkey	Sweet & sour pork	Beef lasagne	Pulled brisket	Nut-free satay chicken thigh	Bratwurst, frankfurter & chicken sausages
		Butterbean fritters	Sweet chilli tofu	Vegetable lasagne	Pork ribs	Caramel pork	
	Peri peri Quorn strips	Chickpea & tomato stew	Egg fried rice	Garlic focaccia	Southern fried chicken	Bang bang prawn salad	Vegan dogs
	Crispy breaded garlic mushrooms		Stir fried vegetables	Caesar salad	Bang bang cauliflower bites		
	Fries	Baked lemon potatoes	Vegetable spring rolls	Roasted vegetables	Mac & cheese	Pho scrambled tofu soup	Pretzel & brioche rolls
	Rainbow slaw	Flat bread	Prawn crackers	Pesto	Corn bread	Crispy marinated tempeh	Potato salad
	Spicy rice	Shredded lettuce	Caesar wrap	Kale & toasted breadcrumbs	Battered okra		Sauerkraut
	Macho peas	Tomato & cucumber	Jacket potatoes	Meatball boats	Chilli & lime charred cabbage	Stir fried vegetables & lemongrass rice	Nachos
	Pitta pockets	Pickled cabbage	Penne pasta			noodles	Grilled corn
	Fish finger sandwich	Garlic yoghurt	Tomato sauce	Jacket potatoes	Pizza snacks	Summer rolls	Onions
		Chilli sauce	Grated cheese	Penne pasta		Pickles	Mustard & sauces
	Jacket potatoes	Mediterranean vegetable quiche		Tomato sauce	Jacket potatoes		Frittatas
	Penne pasta			Grated cheese	Pasta	Spanakopita	Jacket potatoes
	Tomato sauce	Jacket potatoes			Tomato sauce	Jacket potatoes	Pasta
	Grated cheese	Penne pasta			Grated cheese	Pasta	Tomato sauce
		Tomato sauce				Tomato sauce	Grated cheese
		Grated cheese				Grated cheese	
Dessert	Classic rocky road	Salted caramel sponge & custard	Spiced banana & date sponge	Treacle sponge & toffee custard	Fruity yoghurt granola pots	Plant based iced cinnamon buns	Chef's choice dessert



## Lunch menu Monday 11 and Tuesday 12 December

	MONDAY	TUESDAY
<b>Main courses</b>	Pasta bar:  Beef bolognaise  Quorn bolognaise  Mushroom carbonara  Smoked salmon & pea sauce	Sweet & sour chicken  Egg foo yung  Crispy tofu in a black bean sauce
<b>Sides</b>	Garlic focaccia Steamed broccoli & carrots	Egg fried rice Stir fried vegetables Sichuan green beans Prawn cracker
<b>Pasta &amp; jacket potatoes</b>	Grated Cheddar Baked beans Tomato sauce Chef's hot potato filling of the day	Baked beans Tomato sauce Chef's hot potato filling of the day
<b>Dessert</b>	Apple sultana & cinnamon oat crumble & custard Cut mixed fruit	Beetroot brownie Cut mixed fruit



## Lunch menu Monday 11 and Tuesday 12 December

	MONDAY	TUESDAY
<b>Main courses &amp; sides</b>	<p>Pork jambalaya, chimichurri sauce &amp; salsa</p> <p>Cauliflower &amp; cumin fritters with lime yoghurt</p> <p>Black bean &amp; tomato salad, roast squash &amp; chickpeas</p> <p>Macaroni cheese</p> <p>Jacket potatoes</p> <p>Penne pasta</p> <p>Tomato sauce</p> <p>Grated cheese</p>	<p>Pulled beef sloppy joes</p> <p>Potato salad</p> <p>Dill pickles</p> <p>Buns</p> <p>Corn on the cob</p> <p>Coleslaw</p> <p>Onion rings</p> <p>Four-cheese gnocchi bake</p> <p>Jacket potatoes</p> <p>Penne pasta</p> <p>Tomato sauce</p> <p>Grated cheese</p>
<b>Dessert</b>	Plant-based apricot & mint betty with soya custard	Donuts