



Lunch menu from Monday 11 to Sunday 17 September

[illegible]



Supper menu from Monday 11 to Sunday 17 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	Jerk chicken	Beef chilli or pulled pork	Buttermilk chicken slider	Grilled chicken	Chilli dog Brioche rolls	Creamy mac & cheese with a selection of toppers	Chicken & winter vegetable casserole, cheesy polenta
	Sweet potato and black pea curry	Quorn chilli	Honey & soy glazed ginger smoked tofu	Marinated grilled halloumi	Veggie burger patty		
	Jerk gravy	Steamed rice		Crisp kos lettuce	Smoked cheese	Bacon	Mediterranean
	Rainbow slaw		Sweet potato	Anchovies	Brioche bun	Pulled pork	vegetable
	Rice and peas	Iceberg lettuce	bravas, gochujang mayo	Shaved Parmesan		Sliced chicken	casserole, cannellini
	Fried plantain	Chopped tomatoes	Pickled cabbage	Free range egg	Beef tomato	Crispy onion	beans & red pesto, cheesy polenta
	Ginger beer	Refried beans	Smashed cucumber	Plum tomatoes	Baby gem lettuce	Chopped tomato	
		Tomato salsa		Herby garlic croutons	Slaw	Baby spinach	
	Jacket potatoes	Sour cream	Jacket potatoes	New potatoes	Fries	Sweetcorn	Jacket potatoes
	Wholemeal pasta	Wrap	Wholemeal pasta		Jacket potatoes	Peas	Wholemeal pasta
Tomato sauce	Corn taco shell	Tomato sauce	Jacket potatoes	Wholemeal pasta	Rocket salad	Tomato sauce	
Grated cheese	Jacket potatoes	Grated cheese	Pasta	Tomato sauce	Garlic bread	Grated cheese	
	Pasta	Salad	Tomato sauce	Grated cheese	Jacket potatoes		
	Tomato sauce		Grated cheese	Salsa	Pasta		
	Grated cheese				Tomato sauce		
					Grated cheese		
Dessert	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
	Selection of fresh whole fruit, cut fruits, yoghurt & toppings						



Lunch menu from Monday 18 to Sunday 24 September

[illegible]



Supper menu from Monday 18 to Sunday 24 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	Marinated chicken wings	Wraps with: Shredded kolkata chicken/turkey	Sweet & sour pork	Bagels with:	Selection of stone baked pizzas:	Satay chicken thigh, crisp salad,	Lentil & vegetable shepherdess pie,
	Peri peri Quorn strips	Turmeric & pea pilau rice	Black bean beef	Buttermilk fried chicken	Cherry tomato margherita	vegetable pickles, siracha bahn mi	green beans
	Crispy breaded garlic mushrooms	Charred onion	Sweet chilli tofu	Vegan 'chicken'	Pork bao bun	Chicken & winter vegetable puff	
	Fries	Lemon yoghurt	Noodles	Baby spinach	Roast pepper & mozzarella	pastry pot pie with mashed potatoes	
	Rainbow slaw	Vucumber	Egg fried rice	Cheese	Rocket & spinach salad	Marinated tofu with crisp salad, vegetable pickles, siracha bahn mi	
	Spicy rice	Onion bhaaji	Stir fried vegetables	Pickles	Spiced potato wedges	Rice noodle salad	
	Macho peas	Tomato & onion salad	Prawn crackers	Siracha mayo	Roasted broccoli		
		Falafel		Fries	Jacket potatoes		
		Raita		Pasta			
		Flat bread					
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 special cake of the day
	Selection of fresh whole fruit, cut fruits, yoghurt & toppings						



Supper menu Monday 25 September to Sunday 1 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	Smokey pork sausage, oregano, paprika, tomatoes & red onions	Molasses glazed chicken wings, aioli, sesame seeds, crispy shallots & lime	Bolognaise Seared fish in creamy dill sauce	Korma chicken curry, tarka dhal Potato, chickpea & spinach curry	Chicken shawarma or Arayes kofta Chermoula glazed vegetable & halloumi skewers	Chicken schnitzel, pickled cabbage in a soft bun, sweet mustard	Roast chicken, stuffing Vegetable quiche
	Grilled cauliflower steak with hummus	Tofu coconut & turmeric aubergine & peas	Creamy toscana vegetable, basil & borlotti beans	Cardamom rice, Mint yoghurt	Bulgur wheat tabbouleh salad	Aubergine & smoked cheese schnitzel, pickled red cabbage in a soft bun	Roast potatoes Roasted carrots and parsnips Yorkshire pudding Gravy
	Chimichurri sauce & salsa criolla	Sticky jasmine rice French beans Pickled cucumber	Mixed pasta Garlic and rosemary broccoli	Onion & tomato salad Tarka dhal	Spicy fried Lebanese potatoes	Jacket potatoes Penne pasta Tomato sauce Grated cheese	Jacket potatoes Penne pasta Tomato sauce Grated cheese
	Baked potatoes with sea salt & chilli	Jacket potatoes Penne pasta Tomato sauce Grated cheese	Garlic bread Rocket salad	Poppadoms Jacket potatoes Tomato sauce Grated cheese	Mint cucumber & chilli yoghurt Khobez bread		
	Black bean & tomato salad, roast squash & chickpeas		Jacket potatoes Tomato sauce Grated cheese		Jacket potatoes Penne pasta Tomato sauce Grated cheese		
	Jacket potatoes Penne pasta Tomato sauce Grated cheese						
Dessert	Plant-based apricot & mint betty with soya custard	Mixed donuts	Banana cake	Lemon tart	Golden syrup sponge & custard	Cupcakes with chocolate frosting	Chef's special cake of the day
	Selection of fresh whole fruit, cut fruits, yoghurt & toppings						

Supper menu from Monday 2 to Sunday 8 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	Jerk chicken Sweet potato and black pea curry Jerk gravy Rainbow slaw Rice and peas Fried plantain Ginger beer Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese	Beef chilli or pulled pork Quorn chilli Steamed rice Iceberg lettuce Chopped tomatoes Refried beans Tomato salsa Sour cream Wrap Corn taco shell Jacket potatoes Pasta Tomato sauce Grated cheese	Buttermilk chicken slider Honey & soy glazed ginger smoked tofu Sweet potato bravas, gochujang mayo Pickled cabbage Smashed cucumber Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese Salad	Grilled chicken Marinated grilled halloumi Crisp kos lettuce Anchovies Shaved Parmesan Free range egg Plum tomatoes Herby garlic croutons New potatoes Jacket potatoes Pasta Tomato sauce Grated cheese	Chilli dog Brioche rolls Veggie burger patty Smoked cheese Brioche bun Beef tomato Baby gem lettuce Slaw Fries Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese Salsa	Creamy mac & cheese with a selection of toppers Bacon Pulled pork Sliced chicken Crispy onion Chopped tomato Baby spinach Sweetcorn Peas Rocket salad Garlic bread Jacket potatoes Pasta Tomato sauce Grated cheese	Chicken & winter vegetable casserole, cheesy polenta Mediterranean vegetable casserole, cannellini beans & red pesto, cheesy polenta Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese
Dessert	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 9 to Friday 13 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main courses	Chilli con carne, steamed rice, tomato salsa, sour cream, nachos	Smokey Mexican spice char-grilled chicken, rice, tangy lime & jalapeno sauce & crispy fried onions	Peri-peri marinated chicken, French fries, BBQ sauce	Beef tagine, couscous & lentils,	Cajun spiced fish burgers, fajita mayo, smoked chilli slaw
	Indian tikka masala, Quorn ball, Flatbread, onion & coriander salad & mint & cucumber yoghurt	Baked aubergine, spiced quinoa, tomato masala sauce, rocket salad	Borlotti bean & tomato stew, rice piquillo peppers, baby spinach	Aromatic roasted squash, sweet potato & black bean stew, couscous & lentils,	Cajun spiced vegan burgers, fajita mayo, smoked chilli slaw
Sides	Steamed curly kale & savoy cabbage	Charred broccoli	Parmesan & thyme roasted courgettes French fries	Roasted squash and labneh Beetroot, cucumber & tomato salad	Chips Cauliflower cheese
Pasta & jacket potatoes	Grated Cheddar Baked beans Chunky beef bolognaise	Grated Cheddar Baked beans Pork, pear & rosemary stew	Grated Cheddar Baked beans	Grated Cheddar Baked beans Creamy cod, pea & dill sauce	Grated Cheddar Baked beans Aubergine & courgette ragu
	Chef's hot potato filling of the day	Chef's hot potato filling of the day	Chef's hot potato filling of the day	Chef's hot potato filling of the day	Chef's hot potato filling of the day
Hot dessert	Caribbean coconut crumble & custard	Wholemeal rye carrot cake with chia seed	Apple streusel tart & custard	Dark chocolate & malted milk cake	Plant-based pear & blackberry pie & soya custard
	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit

Supper menu from Monday 9 to Friday 13 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main courses & sides	Marinated chicken wings Peri peri Quorn strips Crispy breaded garlic mushrooms Fries Rainbow slaw Spicy rice Macho peas	Wraps with: Shredded kolkata chicken/turkey Turmeric & pea pilau rice Charred onion Lemon yoghurt Vucumber Onion bhaaji Tomato & onion salad Falafel Raita Flat bread	Sweet & sour pork Black bean beef Sweet chilli tofu Noodles Egg fried rice Stir fried vegetables Prawn crackers	Bagels with: Buttermilk fried chicken Vegan 'chicken' Baby spinach Tomato Cheese Pickles Siracha mayo Fries	Selection of stone baked pizzas: Cherry tomato margherita Roast pepper & mozzarella Rocket & spinach salad Spiced potato wedges Roasted broccoli Jacket potatoes Pasta
Dessert	Classic rocky road	Salted caramel sponge & custard	Spiced banana & date sponge	Treacle sponge & toffee custard	Fruity yoghurt granola pots
	Selection of fresh whole fruit, cut fruits, yoghurt & toppings				