

Lunch Menu Wednesday 4 to Sunday 8 September

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Potato, corn & jalapeno	Quinoa minestrone	Sri Lankan coconut & squash	Chef's choice	Chef's choice
Main courses	Roast gammon, charred pineapple & salsa Roasted butternut squash, spinach & feta Vegan lentil & mixed seed Wellington	Cottage pie Halloumi spring onion & sun blush tomato frittata Plant-based macaroni 'no' cheese with crispy cauliflower	Battered cod with lemon or Cumberland sausages Roasted vegetable & bean shakshuka Southern spiced baked Quorn fillet	Subway bar Selection of breads, fillings & toppings	Turkey katsu curry sauce Breaded Quorn with katsu curry sauce
Sides	Roast potatoes Cauliflower with crispy leaves Vegetable ratatouille Gravy	Sautéed courgettes Roasted root vegetables Crushed pea pesto	Chunky chips Garden peas Baked beans Tartar sauce & lemon	Sweet potato fries	Pickled carrot & radish Japanese slaw Coconut rice Tempura vegetables Sweet chilli sauce Miso & tofu broth
Pasta & jacket potatoes	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling
Desserts	Scrumble	Sticky toffee pudding with toffee sauce	Marmalade poppy seed sponge	Chef's dessert of the day	Chef's dessert of the day

Supper menu Wednesday 4 to Sunday 8 September

	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	<p>Italian style chicken steaks with a lemon, fennel & thyme crust, served with a spicy tomato & borlotti bean sauce & sautéed potatoes</p> <p>Baked creamy Toscana vegetable, basil & bean gnocchi gratin with Italian garden salad</p>	<p>Fish burger, brioche bun, crispy lettuce, coleslaw, tartar sauce & fries</p> <p>Falafel sandwich with tomato, lettuce, cucumber, yoghurt dressing & tahini sauce</p>	<p>Korean glazed chicken bibimbap or Korean fried cauliflower bibimbap served with brown rice, grated carrots, picked chilli cucumber, kimchi, ponzu glazed mushroom, stir-fried greens & beansprouts, soft-boiled egg</p>	<p>Chicken jalfrezi curry or Paneer tikka masala</p> <p>Pilau rice</p> <p>Tomato & red onion salad</p> <p>Poppadoms</p> <p>Lemon wedges</p>	<p>Pulled pork BBQ baps</p> <p>Broccoli, spinach & blue cheese sourdough toasties</p> <p>Baked tomatoes, peppers & onions</p> <p>Baked potato wedges</p>
Dessert	Vanilla & raspberry fool	Apple & banana oat crumble with oat custard	Sticky toffee & apple pudding with toffee sauce	Chef's dessert of the day	Chef's dessert of the day

Lunch menu Monday 9 to Sunday 15 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Minestrone	Roasted tomato & butter bean with rocket	Tomato & basil	Cauliflower with lemon oil	Potato & watercress with sour cream	Chef's choice	Chef's choice
Main courses	Beef stew with root vegetables Mixed bean & vegetable casserole with creamy dumplings	Crispy bacon topped mac & cheese Spinach & sundried tomato mac & cheese Sweet potato chickpea & red pepper stew	Pork steak with mushroom stroganoff Vegan lasagna Italian stuffed aubergines with vegan mozzarella & pesto	Turkey katsu curry Vegan cauliflower curry Vegan mushroom risotto	Fish finger wrap with tartar sauce & lemon wedges Fish-less fingers Courgette & toasted seed frittata with red pepper sauce	Chipotle chicken with lime Spiced chickpea wrap Grilled mushroom & halloumi pitta	Bruschetta bar Selection of loaded toasted breads
Sides	Mashed potato Roasted vegetables	Garlic focaccia Broccoli Carrots	Mashed potato Honey steamed greens	Steamed rice Roasted vegetables Katsu sauce	Chips Garden peas Mushy peas	Rainbow salad Corn on the cob Mexican rice Broccoli with lemon & garlic	Salads Fries
Pasta & jacket potatoes	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling
Dessert	Coconut & raspberry sponge	Banana & chocolate cake	Scrumble	Marble cake with chocolate icing	Chocolate brownie	Chef's dessert of the day	Chef's dessert of the day

Supper menu Monday 9 to Sunday 15 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	<p>Shredded chicken thighs with coriander & lime taco</p> <p>Black beans with roasted tomato & onion taco</p> <p>Crushed avocado, sour cream, tomato salsa</p>	<p>Caesar salad with southern fried chicken tenders & garlic roast new potatoes</p> <p>Caesar salad with grilled vegetables & garlic roasted new potatoes</p>	<p>Italian style beef, cheesy polenta topped cottage pie with seasonable vegetables</p> <p>Garlic mushroom, butternut squash, rosemary & spinach macaroni cheese bake with Italian garden salad</p>	<p>Flatbread filled with gyros marinated pork</p> <p>Flatbread filled with grilled marinated halloumi cheese</p> <p>Seasonal salads, sumac yoghurt sauce & Greek style roast potatoes</p>	<p>Korean chicken burger in a brioche bun with gochujang glaze, lettuce, tomato & Asian slaw</p> <p>Steamed bao buns with Korean plant-based 'chickenless' chicken, Asian slaw & sriracha BBQ sauce</p>	<p>Char-grilled beef burger with House burger sauce, iceberg lettuce, gherkin & tomato in burger bun with French fries</p> <p>Veggie burger in a brioche bun with string fries & smoked chilli slaw</p>	<p>Baked chicken legs with tomatoes, green olives & oregano with couscous, peppers & coriander</p> <p>Stuffed aubergine with vegetables, bulgur wheat, saffron yoghurt & dill</p>
Dessert	Churros with chocolate sauce	Peach & berry cobbler with custard	Frosted carrot & apple cake	Lime & chocolate cheesecake	Raspberry & mandarin trifle	Banana cake with custard	Chef's dessert of the day

Lunch menu Monday 16 to Sunday 22 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Pea & mint	Carrot & coriander	Basil & tomato	Chunky vegetable	Potato & garlic	Chef's choice	Chef's choice
Main courses	Chilli con carne Vegetarian chilli Huevos rancheros	Selection of sausages, including vegan Cauliflower & broccoli cheese	Roast with Yorkshire puddings & horseradish sauce Plant-based mixed seed roast Potato pancakes, crushed avocado salsa, crispy fried egg	Teriyaki glazed chicken thighs Teriyaki glazed Quorn fillets Paneer, chickpea & spinach dhal	Breaded fish Chef's fish dish of the day Tartar sauce Lemon Sticky BBQ tacos Vegetable risotto with ricotta cheese	Selection of filled calzone or pizzas Creamy salmon gnocchi	Turkey burger with gherkins, tomatoes, cheese & brioche roll Lentil, spinach & sweet potato casserole
Sides	Steamed rice Nachos, salsa, sour cream Sautéed green beans Roasted cauliflower with lime, avocado & cauliflower	Mashed potatoes Baked beans Roasted red onion & courgettes Mustard Tomato relish Gravy	Roast parsnips Crushed carrot & swede Thyme & garlic new potatoes Gravy	Noodles Stir fried vegetables Sesame broccoli	Chips Grilled tomatoes Peas	Garlic dough bites Tomato, mozzarella & basil salad Fennel, orange & mint salad	Smoky paprika baked wedges Steamed spring greens Baked squash
Pasta & jacket potatoes	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling
Dessert	Hot chocolate fudge cake with berry compote	Carrot cake with chia seeds	Scrumble	Dark chocolate & malted milk cake	Plant-based pear & blackberry shortcrust pie with soya custard	Chef's dessert of the day	Chef's dessert of the day

Supper menu Monday 16 to Sunday 22 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	<p>Smoked pork sausages with oregano, paprika, tomato & red onion</p> <p>Grilled cauliflower with guasacaca</p> <p>Chimichurri & salsa criolla</p> <p>Baked potato with sea salt & chilli</p>	<p>Chicken, smoked Paprika & tomato ragu</p> <p>Chilli bean & lentil ragu</p> <p>Roasted autumnal vegetables & curly kale</p> <p>Steamed rice</p>	<p>Chunky Italian minestrone & borlotti bean stew with pasta & roasted broccoli</p> <p>Three cheese & spinach cannelloni with rich tomato & cheese sauce & seasonal salad</p>	<p>'Dirty' rice & beef burritos with sour cream & Mexican tomato salsa, served with spiced potato wedges</p> <p>'Dirty' rice burritos with plant-based sour 'cream' & Mexican tomato salsa, served with spiced potato wedges</p>	<p>Korean charred chicken & pork patties or Korean spiced Quorn with mirin, hot pepper paste, garlic & ginger, char-grilled and glazed, with Asian slaw & beany black & white rice</p>	<p>Chilli baked fish with tahini, parsley & lemon</p> <p>Pea za'atar & lemon fritters</p> <p>Bulgur wheat, tomato & lemon yoghurt</p> <p>Roasted carrot with harissa</p>	<p>Garlic butter Chicken Kiev</p> <p>Moroccan-style squash & butter bean casserole</p> <p>Creamy mashed potato</p> <p>Garlic roasted broccoli</p>
Dessert	Apricot & mint cake with soya custard	Black cherry Bakewell slice	Mini cake selection	Orange & cardamon brownie with chocolate sauce	Banana cake with custard	Chef's dessert of the day	Chef's dessert of the day

Lunch Menu Monday 23 to Sunday 29 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Spinach & mushroom	Curried parsnip & apple	Potato, corn & jalapeno	Quinoa minestrone	Sri Lankan coconut & squash	Chef's choice	Chef's choice
Main courses	Beef bolognaise Aubergine parmigiana Gnocchi with peas, broad beans, spinach & rocket pesto	Chicken tikka masala curry Tikka paneer with tarka dhal Potato, rosemary & vegan cheese pizza	Roast gammon, charred pineapple & salsa Roasted butternut squash, spinach & feta Vegan lentil & mixed seed Wellington	Cottage pie Halloumi spring onion & sun blush tomato frittata Plant-based macaroni 'no' cheese with crispy cauliflower	Battered cod with lemon or Cumberland sausages Roasted vegetable & bean shakshuka Southern spiced baked Quorn fillet	Subway bar Selection of breads, fillings & toppings	Turkey katsu curry sauce Breaded Quorn with katsu curry sauce
Sides	Carrots, peas & sweetcorn Garlic bread (including gluten free) Pasta (including gluten free)	Steamed rice Poppadoms Roasted vegetables	Roast potatoes Cauliflower with crispy leaves Vegetable ratatouille Gravy	Sautéed courgettes Roasted root vegetables Crushed pea pesto	Chunky chips Garden peas Baked beans Tartar sauce & lemon	Sweet potato fries	Pickled carrot & radish Japanese slaw Coconut rice Tempura vegetables Sweet chilli sauce Miso & tofu broth
Pasta & jacket potatoes	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling
Desserts	Lemon drizzle cake	Beetroot brownie	Scrumble	Sticky toffee pudding with toffee sauce	Marmalade poppy seed sponge	Chef's dessert of the day	Chef's dessert of the day

Supper menu Monday 23 to Sunday 29 September

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	Chicken thighs with oregano & chilli Pinto beans & paprika crushed squash Pickled vegetables, pico de gallo, crushed avocado Mexican red rice Grilled corn & tangy cheese Courgette & red onion salad	American style seasoned pork & vegetable meatloaf, served with creamy mash, mushroom sauce & green beans Courgette & sweetcorn fritters with creamy mash, mushroom sauce & green beans	Italian style chicken steaks with a lemon, fennel & thyme crust, served with a spicy tomato & borlotti bean sauce & sautéed potatoes Baked creamy Toscana vegetable, basil & bean gnocchi gratin with Italian garden salad	Fish burger, brioche bun, crispy lettuce, coleslaw, tartar sauce & fries Falafel sandwich with tomato, lettuce, cucumber, yoghurt dressing & tahini sauce	Korean glazed chicken bibimbap or Korean fried cauliflower bibimbap served with brown rice, grated carrots, picked chilli cucumber, kimchi, ponzu glazed mushroom, stir-fried greens & beansprouts, soft-boiled egg	Chicken jalfrezi curry or Paneer tikka masala Pilau rice Tomato & red onion salad Poppadoms Lemon wedges	Pulled pork BBQ baps Broccoli, spinach & blue cheese sourdough toasties Baked tomatoes, peppers & onions Baked potato wedges
Dessert	Blackberry & coconut cream pot	Tiramisu	Vanilla & raspberry fool	Apple & banana oat crumble with oat custard	Sticky toffee & apple pudding with toffee sauce	Chef's dessert of the day	Chef's dessert of the day

Lunch menu Monday 30 September to Sunday 6 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Minestrone	Roasted tomato & butter bean with rocket	Tomato & basil	Cauliflower with lemon oil	Potato & watercress with sour cream	Chef's choice	Chef's choice
Main courses	Beef stew with root vegetables Mixed bean & vegetable casserole with creamy dumplings	Crispy bacon topped mac & cheese Spinach & sundried tomato mac & cheese Sweet potato chickpea & red pepper stew	Pork steak with mushroom stroganoff Vegan lasagna Italian stuffed aubergines with vegan mozzarella & pesto	Turkey katsu curry Vegan cauliflower curry Vegan mushroom risotto	Fish finger wrap with tartar sauce & lemon wedges Fish-less fingers Courgette & toasted seed frittata with red pepper sauce	Chipotle chicken with lime Spiced chickpea wrap Grilled mushroom & halloumi pitta	Bruschetta bar Selection of loaded toasted breads
Sides	Mashed potato Roasted vegetables	Garlic focaccia Broccoli Carrots	Mashed potato Honey steamed greens	Steamed rice Roasted vegetables Katsu sauce	Chips Garden peas Mushy peas	Rainbow salad Corn on the cob Mexican rice Broccoli with lemon & garlic	Salads Fries
Pasta & jacket potatoes	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling
Dessert	Coconut & raspberry sponge	Banana & chocolate cake	Scrumble	Marble cake with chocolate icing	Chocolate brownie	Chef's dessert of the day	Chef's dessert of the day

Supper menu Monday 30 September to Sunday 6 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	<p>Shredded chicken thighs with coriander & lime taco</p> <p>Black beans with roasted tomato & onion taco</p> <p>Crushed avocado, sour cream, tomato salsa</p>	<p>Caesar salad with southern fried chicken tenders & garlic roast new potatoes</p> <p>Caesar salad with grilled vegetables & garlic roasted new potatoes</p>	<p>Italian style beef, cheesy polenta topped cottage pie with seasonable vegetables</p> <p>Garlic mushroom, butternut squash, rosemary & spinach macaroni cheese bake with Italian garden salad</p>	<p>Flatbread filled with gyros marinated pork</p> <p>Flatbread filled with grilled marinated halloumi cheese</p> <p>Seasonal salads, sumac yoghurt sauce & Greek style roast potatoes</p>	<p>Korean chicken burger in a brioche bun with gochujang glaze, lettuce, tomato & Asian slaw</p> <p>Steamed bao buns with Korean plant-based 'chickenless' chicken, Asian slaw & sriracha BBQ sauce</p>	<p>Char-grilled beef burger with House burger sauce, iceberg lettuce, gherkin & tomato in burger bun with French fries</p> <p>Veggie burger in a brioche bun with string fries & smoked chilli slaw</p>	<p>Baked chicken legs with tomatoes, green olives & oregano with couscous, peppers & coriander</p> <p>Stuffed aubergine with vegetables, bulgur wheat, saffron yoghurt & dill</p>
Dessert	Churros with chocolate sauce	Peach & berry cobbler with custard	Frosted carrot & apple cake	Lime & chocolate cheesecake	Raspberry & mandarin trifle	Banana cake with custard	Chef's dessert of the day

Lunch menu Monday 7 to Sunday 13 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Pea & mint	Carrot & coriander	Basil & tomato	Chunky vegetable	Potato & garlic	Chef's choice	Chef's choice
Main courses	Chilli con carne Vegetarian chilli Huevos rancheros	Selection of sausages, including vegan Cauliflower & broccoli cheese	Roast with Yorkshire puddings & horseradish sauce Plant-based mixed seed roast Potato pancakes, crushed avocado salsa, crispy fried egg	Teriyaki glazed chicken thighs Teriyaki glazed Quorn fillets Paneer, chickpea & spinach dhal	Breaded fish Chef's fish dish of the day Tartar sauce Lemon Sticky BBQ tacos Vegetable risotto with ricotta cheese	Selection of filled calzone or pizzas Creamy salmon gnocchi	Turkey burger with gherkins, tomatoes, cheese & brioche roll Lentil, spinach & sweet potato casserole
Sides	Steamed rice Nachos, salsa, sour cream Sautéed green beans Roasted cauliflower with lime, avocado & cauliflower	Mashed potatoes Baked beans Roasted red onion & courgettes Mustard Tomato relish Gravy	Roast parsnips Crushed carrot & swede Thyme & garlic new potatoes Gravy	Noodles Stir fried vegetables Sesame broccoli	Chips Grilled tomatoes Peas	Garlic dough bites Tomato, mozzarella & basil salad Fennel, orange & mint salad	Smoky paprika baked wedges Steamed spring greens Baked squash
Pasta & jacket potatoes	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling	Grated Cheddar cheese Baked beans Tomato sauce Chef's choice jacket potato hot filling
Dessert	Hot chocolate fudge cake with berry compote	Carrot cake with chia seeds	Scrumble	Dark chocolate & malted milk cake	Plant-based pear & blackberry shortcrust pie with soya custard	Chef's dessert of the day	Chef's dessert of the day

Supper menu Monday 7 to Sunday 13 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	<p>Smoked pork sausages with oregano, paprika, tomato & red onion</p> <p>Grilled cauliflower with guasacaca</p> <p>Chimichurri & salsa criolla</p> <p>Baked potato with sea salt & chilli</p>	<p>Chicken, smoked Paprika & tomato ragu</p> <p>Chilli bean & lentil ragu</p> <p>Roasted autumnal vegetables & curly kale</p> <p>Steamed rice</p>	<p>Chunky Italian minestrone & borlotti bean stew with pasta & roasted broccoli</p> <p>Three cheese & spinach cannelloni with rich tomato & cheese sauce & seasonal salad</p>	<p>'Dirty' rice & beef burritos with sour cream & Mexican tomato salsa, served with spiced potato wedges</p> <p>'Dirty' rice burritos with plant-based sour 'cream' & Mexican tomato salsa, served with spiced potato wedges</p>	<p>Korean charred chicken & pork patties or Korean spiced Quorn with mirin, hot pepper paste, garlic & ginger, char-grilled and glazed, with Asian slaw & beany black & white rice</p>	<p>Chilli baked fish with tahini, parsley & lemon</p> <p>Pea za'atar & lemon fritters</p> <p>Bulgur wheat, tomato & lemon yoghurt</p> <p>Roasted carrot with harissa</p>	<p>Garlic butter Chicken Kiev</p> <p>Moroccan-style squash & butter bean casserole</p> <p>Creamy mashed potato</p> <p>Garlic roasted broccoli</p>
Dessert	Apricot & mint cake with soya custard	Black cherry Bakewell slice	Mini cake selection	Orange & cardamon brownie with chocolate sauce	Banana cake with custard	Chef's dessert of the day	Chef's dessert of the day

Lunch Menu Monday 14 to Friday 18 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Spinach & mushroom	Curried parsnip & apple	Potato, corn & jalapeno	Quinoa minestrone	Sri Lankan coconut & squash
Main courses	Beef bolognaise	Chicken tikka masala curry	Roast gammon, charred pineapple & salsa	Cottage pie	Battered cod with lemon or
	Aubergine parmigiana	Tikka paneer with tarka dhal	Roasted butternut squash, spinach & feta	Halloumi spring onion & sun blush tomato frittata	Cumberland sausages
	Gnocchi with peas, broad beans, spinach & rocket pesto	Potato, rosemary & vegan cheese pizza	Vegan lentil & mixed seed Wellington	Plant-based macaroni 'no' cheese with crispy cauliflower	Roasted vegetable & bean shakshuka
					Southern spiced baked Quorn fillet
Sides	Carrots, peas & sweetcorn Garlic bread (including gluten free) Pasta (including gluten free)	Steamed rice Poppadoms Roasted vegetables	Roast potatoes Cauliflower with crispy leaves Vegetable ratatouille Gravy	Sautéed courgettes Roasted root vegetables Crushed pea pesto	Chunky chips Garden peas Baked beans Tartar sauce & lemon
Pasta & jacket potatoes	Grated Cheddar cheese Baked beans Tomato sauce	Grated Cheddar cheese Baked beans Tomato sauce	Grated Cheddar cheese Baked beans Tomato sauce	Grated Cheddar cheese Baked beans Tomato sauce	Grated Cheddar cheese Baked beans Tomato sauce
	Chef's choice jacket potato hot filling	Chef's choice jacket potato hot filling	Chef's choice jacket potato hot filling	Chef's choice jacket potato hot filling	Chef's choice jacket potato hot filling
Desserts	Lemon drizzle cake	Beetroot brownie	Scrumble	Sticky toffee pudding with toffee sauce	Marmalade poppy seed sponge

Supper menu Monday 14 to Thursday 17 October

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Main courses & sides	<p>Chicken thighs with oregano & chilli</p> <p>Pinto beans & paprika crushed squash</p> <p>Pickled vegetables, pico de gallo, crushed avocado</p> <p>Mexican red rice</p> <p>Grilled corn & tangy cheese</p> <p>Courgette & red onion salad</p>	<p>American style seasoned pork & vegetable meatloaf, served with creamy mash, mushroom sauce & green beans</p> <p>Courgette & sweetcorn fritters with creamy mash, mushroom sauce & green beans</p>	<p>Italian style chicken steaks with a lemon, fennel & thyme crust, served with a spicy tomato & borlotti bean sauce & sautéed potatoes</p> <p>Baked creamy Toscana vegetable, basil & bean</p> <p>gnocchi gratin with Italian garden salad</p>	<p>Fish burger, brioche bun, crispy lettuce, coleslaw, tartar sauce & fries</p> <p>Falafel sandwich with tomato, lettuce, cucumber, yoghurt dressing & tahini sauce</p>
Dessert	Blackberry & coconut cream pot	Tiramisu	Vanilla & raspberry fool	Apple & banana oat crumble with oat custard