

Lunch menu from Monday 8 to Sunday 14 January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Harissa sweet potato with coconut & coriander	Winter vegetable broth with sage croutons	Cauliflower with lemon oil	Roasted tomato & butter bean with rocket	Potato & watercress with sour cream	Chef's choice	Chef's choice
Main courses	Turkey katsu curry Butternut squash & white bean ragout Quorn katsu curry	Grilled chicken thigh Pulled jackfruit bonbons	Pork & leek sausages with caramelised onion chutney Baked sweet potato stuffed with puy lentils & watercress pesto Spaghetti with broccoli & pea crème fraîche	Roast beef with horseradish & apple gravy Broccoli & haricot bean frittata with goat's cheese cream Harissa baked peppers with chickpea & sweet potato	Battered cod with lemon, dill & cracked pepper mayonnaise Miso ramen with vegetables, egg & rice noodles Pulled BBQ jackfruit, chilli hummus, rocket & avocado pretzel roll	Madras spiced chicken leg, mango yoghurt & coriander Celeriac shawarma with pickled vegetables & sriracha sauce	Beef rendang curry Malaysian-style kurma with tofu & vegetables
Sides	Sticky rice Gochujang root vegetables Goma-ae green beans Prawn crackers	Vietnamese slaw with lime & chilli Bangkok noodles with Thai spice, soy & ginger	Buttery mashed potato Honey & mustard root vegetables Steamed greens	Sauté new potatoes Steamed green beans Roast carrots	Chunky chips Crushed peas Steamed corn	Mustard seed flatbread Steamed greens Balsamic roast beets	Coconut rice Tempura aubergine Pickled carrot & radish Asian cucumber salad Sweet chilli sauce
Pasta & jacket potatoes	Grated Cheddar Baked beans Tomato sauce Chef's choice	Grated Cheddar Baked beans Tomato sauce Chef's choice	Grated Cheddar Baked beans Tomato sauce Chef's choice	Grated Cheddar Baked beans Tomato sauce Chef's choice	Grated Cheddar Baked beans Tomato sauce Chef's choice	Grated Cheddar Baked beans Tomato sauce Chef's choice	Grated Cheddar Baked beans Tomato sauce Chef's choice
Desserts	Apple & cinnamon oatly crumble with custard Lemon curd & ginger biscuit cheesecake Honeydew melon & raspberries	Lemon drizzle cake Mango & coconut yoghurt Watermelon & peach	Sticky toffee pudding & sauce Blackberry & elderflower trifle Pineapple & blackberries	Bread & butter pudding Blueberry & lime yoghurt Red & green grapes	Chocolate brownie Cranberry, apple & oat fool Cantaloupe melon & pomegranate	Chef's hot and cold desserts of the day Galia melon & blueberries	Chef's hot and cold desserts and fruit selection of the day

Supper menu from Monday 8 to Sunday 14 January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	<p>Smoky pork sausage with oregano, paprika, tomatoes & red onions</p> <p>Grilled cauliflower steak with guasacaca</p> <p>Chimichurri sauce & salsa criolla</p> <p>Baked potatoes with sea salt & chilli</p> <p>Black bean & tomato salad</p> <p>Roast squash</p> <p>Chickpeas</p>	<p>Turkey, ham & leek pie</p> <p>Roast romero peppers stuffed with quinoa, olives, tomatoes & mint</p> <p>Sage & lemon new potatoes</p> <p>Baked carrots & squash</p> <p>Grilled corn cobs</p>	<p>Portuguese peri peri chicken</p> <p>Seafood rice</p> <p>Chunky double cooked potatoes</p> <p>Pea & poached egg gratin</p> <p>Fried vegetable rice</p>	<p>Red pepper spinach & goat's cheese pasta bake</p> <p>Rosemary & sea salt focaccia</p> <p>Roast broccoli</p> <p>Toasted seeds</p> <p>Smashed pumpkin with chilli</p>	<p>Chunky beef & black bean chilli with coriander</p> <p>Panko tofu with egg noodles, shredded vegetables & hoisin</p> <p>Steamed rice</p> <p>Pan-fried seasonal greens</p> <p>Baked roots with thyme</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>Roast carrots with harissa</p> <p>Baked beets with preserved lemon & dill</p>	<p>Pork shoulder steak with spiced pear chutney</p> <p>Squash, califlower & goat's cheese crumble</p> <p>Oregano roasted potatoes</p> <p>Steamed cabbage & sugar snap peas</p> <p>Sticky roast carrots</p>
Something simple	<p>Macaroni cheese</p> <p>Jacket potatoes</p>	<p>Four-cheese gnocchi bake</p>	<p>Fish finger & chipotle mayo wrap</p>	<p>Spinach & ricotta cannelloni</p>	<p>Quiche Lorraine Le Tourer</p>	<p>Sausage rolls</p> <p>Penne pasta</p>	<p>Quesadillas</p> <p>Penne pasta</p>
Dessert	<p>Chocolate trifle</p>	<p>Egg custard tart</p>	<p>Chocolate muffin</p>	<p>Donuts</p>	<p>Banana & chocolate chip cake</p>	<p>Chef's dessert of the day</p>	<p>Chef's dessert of the day</p>

Lunch menu from Monday 15 to Sunday 21 January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Broccoli & haricot bean	Spiced roast carrot & apple matchsticks	Miso with vegetables & rice noodles	Celeriac, apple & horseradish cream	New potato, green pea & rocket pesto	Chef's choice	Chef's choice
Main courses	Lemon & parsley grilled turkey steak Cumin lamb & butter bean flat bread, slaw & mint Sweet potato & spinach cake with kale slaw	Bulgogi BBQ beef in a brioche bun BBQ sweet potato & chickpeas in a brioche bun	Honey & wholegrain mustard baked chicken leg Cauliflower & pumpkin gratin Corn, feta & chilli drop scones with pesto	Roast pork with onions & sticky pears Korean gochujang plant mince rice & vegetable bowl with Korean BBQ sauce Beetroot risotto with crispy chickpeas & toasted seeds	Breaded pollock with lemon wedges & tomato relish Breaded halloumi with tomato & pineapple salsa Vegan fish 'less' fingers	Chorizo pots with black beans Spiced chickpea & spinach wrap Pumpkin & adzuki bean tagine with mango & coriander	Bruschetta bar: Italian salami Tuna Ricotta cheese Pesto Prosciutto Mashed avocado
Sides	Lime & black bean rice Creamed corn Roast chunky carrots	Salt & pepper baked potato wedges Yuzu mayo, Korean BBQ sauce Bang bang cucumbers with sesame & chilli	Mini baked potatoes Crispy winter greens Curry roast onions	Rosemary & sea salt roast potatoes Curly kale Baked squash	French fries BBQ baked beans Steamed petit pois	Harissa & mint couscous Baked celeriac Steamed leeks	Green olives Rocket Caramelised onions Roasted peppers Selection of toasted breads
Pasta & jacket potatoes	Grated Cheddar Baked beans Tomato sauce	Grated Cheddar Tuna mayonnaise Tomato sauce	Grated Cheddar Baked beans Tomato sauce	Grated Cheddar Baked beans Tomato sauce	Grated Cheddar Tuna mayonnaise Sweetcorn Tomato sauce	Grated Cheddar Baked beans Tomato sauce	Grated Cheddar Baked beans Tomato sauce
	Chef's choice	Chef's choice	Chef's choice	Chef's choice	Chef's choice	Chef's choice	Chef's choice
Dessert	Coconut & pineapple upside down cake Lemon, chia seed & mint yoghurt Watermelon & blueberries	Chocolate fudge cake Plant-based chocolate mousse with honeycomb Pineapple & blackberries	Scrumble Plum compote & yoghurt with oats Honeydew melon & orange	Spiced banana & date pudding Raspberry & vanilla fool Kiwi fruit & galia melon	Chocolate marble cake Peaches with elderflower yoghurt Cantaloupe melon & raspberries	Chef's choice hot dessert Key lime pots with ginger biscuits Red & green grapes	Chef's choice of hot and cold desserts and fruit selection

Supper menu from Monday 15 to Sunday 21 January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	Crispy fish with lime & chilli batter Pinto beans & paprika crushed squash Pickled vegetables Pico de gallo Crushed avocado Mexican red rice Grilled corn & tangy cheese Courgette & red onion salad	Beef, swede & cracked black pepper pasty Courgette & sweetcorn fritters with harissa mayonnaise Sage & onion parmentier potatoes Maple roasted parsnips Sauté green cabbage & apple	Grilled chorizo Cheese croquette Hand cut crisps Tempura runner beans Kale soup with chorizo Chorizo bread Portuguese green salad	Grilled chicken caesar salad Marinated grilled halloumi Crispy cos lettuce Anchovies Shaved Parmesan Free range boiled egg Classic creamy dressing Tomato wedges Herby garlic croutons	BBQ pulled pork baps with coriander slaw Butternut squash, red onion & rocket barley risotto Piri piri fries Corn with red peppers Garlic baked carrots	Sumac spiced chicken leg with orange & mint Baked squash with spinach pesto, goat's cheese & pomegranate Baked rice with onions, garlic & parsley Broccoli & kale with garlic, cumin & lime	Chicken, chorizo & prawn paella with red pepper & peas Broccoli, spinach & blue cheese sourdough toasties Baby baked potatoes Cauliflower & spinach gratin Steamed winter greens
Something simple	Broccoli, spinach & feta quiche Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese	Penne pasta & tomato bake Jacket potatoes Pasta Tomato sauce Grated cheese	Ham & cheese crown Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese	Spaghetti pesto pasta Jacket potatoes Pasta Tomato sauce Grated cheese	Vegan sausage rolls Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese	Pizza Jacket potatoes Baked beans Grated cheese	Three-cheese & ham toastie Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese
Dessert	Lemon tart	Rice pudding	Banoffee pie	Fruit tarts	Mixed berry & lemon ripple cheesecake	Chef's dessert of the day	Chef's dessert of the day

Lunch menu Monday 22 to Sunday 28 January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Sweetcorn chowder with kale pesto	Roast red pepper, tomato & basil	French onion with Cheddar croûtes	Chestnut mushroom with tarragon	Potato, pea & spinach with crispy leeks	Chef's choice	Chef's choice
Main courses	<p>Jerk spiced chicken thighs, mango & black beans</p> <p>Beef tomato & yellow pepper hummus puff pastry tart</p> <p>Huevos rancheros</p>	<p>Korean pulled pork</p> <p>Green bean & coconut curry</p> <p>Tofu & coconut curry</p>	<p>Turkey tikka masala with yoghurt & tomato chutney</p> <p>Bubble & squeak cakes with bean stew</p> <p>Kale, butterbean & Parmesan orzo pasta</p>	<p>Roast beef with thyme & smoked garlic</p> <p>Plant-based mac 'n cheese with crispy cauliflower</p> <p>Winter vegetable risotto with ricotta cheese</p>	<p>Battered haddock with lemon wedges & tartar sauce</p> <p>Plant-based sausages with baked apple, onions & sage</p> <p>Butternut squash, sweetcorn & feta fritters</p>	<p>Beef burger with gherkins, tomatoes & soft roll</p> <p>Harissa roast vegetable, chickpea & chard pastilla</p> <p>Veggie burger with gherkins, tomato & soft roll</p>	<p>Build your own pasta:</p> <p>Bolognese</p> <p>Carbonara</p> <p>Creamy salmon</p> <p>Vegan pasta sauce</p>
Sides	<p>Coriander rice</p> <p>Spiced roast cauliflower</p> <p>Rosemary root vegetables</p>	<p>Coconut & lime rice</p> <p>Kimchi guacamole</p> <p>Korean gochujang house slaw</p>	<p>Cumin baked potatoes</p> <p>Steamed broccoli</p> <p>Roast carrots</p>	<p>Garlic & thyme roast potatoes</p> <p>Sauté leeks</p> <p>Baked swede with herb dressing</p>	<p>Chunky chips</p> <p>Mushy peas</p> <p>Baked peppered tomatoes</p>	<p>Smoky paprika wedges</p> <p>Steamed winter greens</p> <p>Baked squash</p>	<p>Garlic bread</p> <p>Mixed salad</p> <p>Pesto</p> <p>Sundried tomatoes</p> <p>Cheese</p>
Pasta & jacket potatoes	<p>Grated Cheddar</p> <p>Baked beans</p> <p>Chef's choice</p>	<p>Tuna, sweetcorn & spring onions</p> <p>Chef's choice</p>	<p>Grated Cheddar</p> <p>Baked beans</p> <p>Chef's choice</p>	<p>Grated Cheddar</p> <p>Baked beans</p> <p>Chef's choice</p>	<p>Tuna, sweetcorn & spring onions</p> <p>Chef's choice</p>	<p>Grated Cheddar</p> <p>Baked beans</p> <p>Chef's choice</p>	<p>Grated Cheddar</p> <p>Baked beans</p> <p>Chef's choice</p>
Hot dessert	<p>Chocolate sponge with chocolate sauce</p> <p>Passion fruit & yoghurt granola</p> <p>Galia melon & kiwi fruit</p>	<p>Pear shortcrust pie & custard</p> <p>Coconut milk & chocolate pot</p> <p>Watermelon & plums</p>	<p>Carrot cake</p> <p>White chocolate & black cherry blondie</p> <p>Pineapple & blueberries</p>	<p>Triple chocolate brownie</p> <p>Mandarin segments & lime yoghurt</p> <p>Cantaloupe melon & raspberries</p>	<p>Winter berry pudding</p> <p>Fruit pavlova</p> <p>Red & green grapes</p>	<p>Chef's choice of hot and cold desserts</p> <p>Honeydew melon & pomegranate</p>	<p>Chef's choice of hot and cold desserts and fruit selection</p>

Supper menu Monday 22 to Sunday 28 January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	Pork with chilli, garlic & tomato sauce Black beans with roasted tomato & onions Crushed avocado Sour cream Pico de gallo Smoky potatoes Baked sweetcorn & tomato salad	Slow cooked beef, root vegetable & ale stew with rosemary dumplings Stuffed squash with cheese sauce & green peppers Leek & Cheddar mashed potatoes Steamed peas & green beans Baked roots with rosemary & lemon	Beef, pork & bean stew Cauliflower & chickpea curry Roasted tomato rice Sautéed kale Crisp skin smashed potatoes	American style pork ribs Southern fried chicken strips Mac & cheese Chilli & lime charred cabbage Toasted wholemeal pitta Creamed corn with chives Seasonal greens with roasted garlic oil	Baked chicken leg with tomatoes, green olives & oregano Stuffed aubergine with vegetable bulgur wheat, yoghurt & dill Couscous with peppers & coriander Sweet chilli fried greens Creamy parsnip & leeks	Tandoori chicken thighs Biryani Paneer & chickpea korma Poppadoms Raita Tamarind & date chutney Onion bhajis Watermelon & mint salad Cauliflower tabbouleh	Grilled salmon Pickled tempeh Japanese soba noodle ramen Kimchi broth Seaweed salad & green onions Soft boiled egg Dumplings Spiced sugar snaps Soy sauce
Something simple	French baguette pizza Jacket potatoes Penne pasta Tomato sauce Grated cheese	Mediterranean vegetable quiche Jacket potatoes Penne pasta Tomato sauce Grated cheese	Caesar wrap Jacket potatoes Penne pasta Tomato sauce Grated cheese	Meatball boats Jacket potatoes Special fried rice (vegan) Grated cheese	Pizza snacks Jacket potatoes Penne pasta Tomato sauce Grated cheese	Spanakopita Jacket potatoes Penne pasta Tomato sauce Grated cheese	Roasted vegetables, sundried tomato & olive frittata Jacket potatoes Penne pasta Tomato sauce Grated cheese
Dessert	Salted caramel sponge with custard	Rocky road	Plum crumble & custard	Baked chocolate tart	Pear baked in a brioche bun	Chef's dessert of the day	Chef's dessert of the day

Lunch menu from Monday 29 January to Sunday 4 February

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Harissa sweet potato with coconut & coriander	Winter vegetable broth with sage croutons	Cauliflower with lemon oil	Roasted tomato & butter bean with rocket	Potato & watercress with sour cream	Chef's choice	Chef's choice
Main courses	Turkey katsu curry Butternut squash & white bean ragout Quorn katsu curry	Grilled chicken thigh Pulled jackfruit bonbons	Pork & leek sausages with caramelised onion chutney Baked sweet potato stuffed with puy lentils & watercress pesto Spaghetti with broccoli & pea crème fraiche	Roast beef with horseradish & apple gravy Broccoli & haricot bean frittata with goat's cheese cream Harissa baked peppers with chickpea & sweet potato	Battered cod with lemon, dill & cracked pepper mayonnaise Miso ramen with vegetables, egg & rice noodles Pulled BBQ jackfruit, chilli hummus, rocket & avocado pretzel roll	Madras spiced chicken leg, mango yoghurt & coriander Celeriac shawarma with pickled vegetables & sriracha sauce	Beef rendang curry Malaysian-style kurma with tofu & vegetables
Sides	Sticky rice Gochujang root vegetables Goma-ae green beans Prawn crackers	Vietnamese slaw with lime & chilli Bangkok noodles with Thai spice, soy & ginger	Buttery mashed potato Honey & mustard root vegetables Steamed greens	Sauté new potatoes Steamed green beans Roast carrots	Chunky chips Crushed peas Steamed corn	Mustard seed flatbread Steamed greens Balsamic roast beets	Coconut rice Tempura aubergine Pickled carrot & radish Asian cucumber salad Sweet chilli sauce
Pasta & jacket potatoes	Grated Cheddar Baked beans Tomato sauce Chef's choice	Grated Cheddar Baked beans Tomato sauce Chef's choice	Grated Cheddar Baked beans Tomato sauce Chef's choice	Grated Cheddar Baked beans Tomato sauce Chef's choice	Grated Cheddar Baked beans Tomato sauce Chef's choice	Grated Cheddar Baked beans Tomato sauce Chef's choice	Grated Cheddar Baked beans Tomato sauce Chef's choice
Desserts	Apple & cinnamon oaty crumble with custard Lemon curd & ginger biscuit cheesecake Honeydew melon & raspberries	Lemon drizzle cake Mango & coconut yoghurt Watermelon & peach	Sticky toffee pudding & sauce Blackberry & elderflower trifle Pineapple & blackberries	Bread & butter pudding Blueberry & lime yoghurt Red & green grapes	Chocolate brownie Cranberry, apple & oat fool Cantaloupe melon & pomegranate	Chef's hot and cold desserts of the day Galia melon & blueberries	Chef's hot and cold desserts and fruit selection of the day

Supper menu from Monday 29 January to Sunday 4 February

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	<p>Smoky pork sausage with oregano, paprika, tomatoes & red onions</p> <p>Grilled cauliflower steak with guasacaca</p> <p>Chimichurri sauce & salsa criolla</p> <p>Baked potatoes with sea salt & chilli</p> <p>Black bean & tomato salad</p> <p>Roast squash</p> <p>Chickpeas</p>	<p>Turkey, ham & leek pie</p> <p>Roast romero peppers stuffed with quinoa, olives, tomatoes & mint</p> <p>Sage & lemon new potatoes</p> <p>Baked carrots & squash</p> <p>Grilled corn cobs</p>	<p>Portuguese peri peri chicken</p> <p>Seafood rice</p> <p>Chunky double cooked potatoes</p> <p>Pea & poached egg gratin</p> <p>Fried vegetable rice</p>	<p>Red pepper spinach & goat's cheese pasta bake</p> <p>Rosemary & sea salt focaccia</p> <p>Roast broccoli</p> <p>Toasted seeds</p> <p>Smashed pumpkin with chilli</p>	<p>Chunky beef & black bean chilli with coriander</p> <p>Panko tofu with egg noodles, shredded vegetables & hoisin</p> <p>Steamed rice</p> <p>Pan-fried seasonal greens</p> <p>Baked roots with thyme</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>Roast carrots with harissa</p> <p>Baked beets with preserved lemon & dill</p>	<p>Pork shoulder steak with spiced pear chutney</p> <p>Squash, califlower & goat's cheese crumble</p> <p>Oregano roasted potatoes</p> <p>Steamed cabbage & sugar snap peas</p> <p>Sticky roast carrots</p>
Something simple	<p>Macaroni cheese</p> <p>Jacket potatoes</p>	<p>Four-cheese gnocchi bake</p>	<p>Fish finger & chipotle mayo wrap</p>	<p>Spinach & ricotta cannelloni</p>	<p>Quiche Lorraine Le Tourer</p>	<p>Sausage rolls</p> <p>Penne pasta</p>	<p>Quesadillas</p> <p>Penne pasta</p>
Dessert	<p>Chocolate trifle</p>	<p>Egg custard tart</p>	<p>Chocolate muffin</p>	<p>Donuts</p>	<p>Banana & chocolate chip cake</p>	<p>Chef's dessert of the day</p>	<p>Chef's dessert of the day</p>

Lunch menu from Monday 5 to Friday 9 February

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Broccoli & haricot bean	Spiced roast carrot & apple matchsticks	Miso with vegetables & rice noodles	Celeriac, apple & horseradish cream	New potato, green pea & rocket pesto
Main courses	Lemon & parsley grilled turkey steak	Bulgogi BBQ beef in a brioche bun	Honey & wholegrain mustard baked chicken leg	Roast pork with onions & sticky pears	Breaded pollock with lemon wedges & tomato relish
	Cumin lamb & butter bean flat bread, slaw & mint	BBQ sweet potato & chickpeas in a brioche bun	Cauliflower & pumpkin gratin	Korean gochujang plant mince rice & vegetable bowl with Korean BBQ sauce	Breaded halloumi with tomato & pineapple salsa
	Sweet potato & spinach cake with kale slaw		Corn, feta & chilli drop scones with pesto	Beetroot risotto with crispy chickpeas & toasted seeds	Vegan fish 'less' fingers
Sides	Lime & black bean rice Creamed corn Roast chunky carrots	Salt & pepper baked potato wedges Yuzu mayo, Korean BBQ sauce Bang bang cucumbers with sesame & chilli	Mini baked potatoes Crispy winter greens Curry roast onions	Rosemary & sea salt roast potatoes Curly kale Baked squash	French fries BBQ baked beans Steamed petit pois
Pasta & jacket potatoes	Grated Cheddar Baked beans Tomato sauce	Grated Cheddar Tuna mayonnaise Tomato sauce	Grated Cheddar Baked beans Tomato sauce	Grated Cheddar Baked beans Tomato sauce	Grated Cheddar Tuna mayonnaise Sweetcorn Tomato sauce
	Chef's choice	Chef's choice	Chef's choice	Chef's choice	Chef's choice
Dessert	Coconut & pineapple upside down cake	Chocolate fudge cake	Scrumble	Spiced banana & date pudding	Chocolate marble cake
	Lemon, chia seed & mint yoghurt	Plant-based chocolate mousse with honeycomb	Plum compote & yoghurt with oats	Raspberry & vanilla fool	Peaches with elderflower yoghurt
	Watermelon & blueberries	Pineapple & blackberries	Honeydew melon & orange	Kiwi fruit & galia melon	Cantaloupe melon & raspberries

Supper menu from Monday 5 to Thursday 8 February

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Main courses & sides	Crispy fish with lime & chilli batter Pinto beans & paprika crushed squash Pickled vegetables Pico de gallo Crushed avocado Mexican red rice Grilled corn & tangy cheese Courgette & red onion salad	Beef, swede & cracked black pepper pastry Courgette & sweetcorn fritters with harissa mayonnaise Sage & onion parmentier potatoes Maple roasted parsnips Sauté green cabbage & apple	Grilled chorizo Cheese croquette Hand cut crisps Tempura runner beans Kale soup with chorizo Chorizo bread Portuguese green salad	Grilled chicken caesar salad Marinated grilled halloumi Crispy cos lettuce Anchovies Shaved Parmesan Free range boiled egg Classic creamy dressing Tomato wedges Herby garlic croutons
Something simple	Broccoli, spinach & feta quiche Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese	Penne pasta & tomato bake Jacket potatoes Pasta Tomato sauce Grated cheese	Ham & cheese crown Jacket potatoes Wholemeal pasta Tomato sauce Grated cheese	Spaghetti pesto pasta Jacket potatoes Pasta Tomato sauce Grated cheese
Dessert	Lemon tart	Rice pudding	Banoffee pie	Fruit tarts