



Lunch menu Monday 30 October to Sunday 5 November

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Lunch menu from Monday 6 to Sunday 12 November

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Supper menu from Monday 6 to Sunday 12 November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	Jerk chicken	Beef chilli or pulled pork	Buttermilk chicken burger	Grilled chicken	Chilli dog Brioche rolls	Creamy mac & cheese with a selection of toppers	Chicken & winter vegetable casserole, cheesy polenta
	Sweet potato & 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		Free range egg	Beef tomato	Crispy onion	beans & red pesto,
		Refried beans		Plum tomatoes	Baby gem lettuce	Chopped tomato	cheesy polenta
	Ginger beer	Tomato salsa	Jacket potatoes	Herby garlic croutons	Slaw	Baby spinach	
	Jacket potatoes	Sour cream	Wholemeal pasta		Fries	Sweetcorn	Jacket potatoes
	Wholemeal pasta	Wrap	Tomato sauce	New potatoes		Peas	Wholemeal pasta
Tomato sauce	Jacket potatoes	Grated cheese	Jacket potatoes	Jacket potatoes	Rocket salad	Tomato sauce	
Grated cheese	Pasta	Salad	Pasta	Wholemeal pasta	Garlic bread	Grated cheese	
	Tomato sauce		Tomato sauce	Tomato sauce	Jacket potatoes		
	Grated cheese		Grated cheese	Grated cheese	Salsa	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
	Selection of fresh whole fruit, cut fruits, yoghurt & toppings						



Lunch menu from Monday 13 to Sunday 19 November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses	Chilli con carne, steamed rice, tomato salsa, sour cream, nachos	Marinated chicken, French fries, BBQ sauce, rocket salad & slaw	Tandoori chicken leg, yellow split pea dhal, curry sauce	Beef meatballs in tomato, pepper & basil sauce or pork meatballs with gravy	Cajun spiced fish burgers, fajita mayo, smoked chilli slaw	Roast chicken with mushroom, tarragon & button mushroom sauce	Brunch
	Indian tikka masala, Quorn ball, flatbread, onion & coriander salad & mint & cucumber yoghurt	Stir fried vegetables, egg noodles & Quorn with sweet chilli sauce	Vegetable, chickpea & spinach tikka masala, rice, yellow split pea dhal	Quorn 'meatballs' in tomato & oregano sauce	Cajun spiced vegan burgers, fajita mayo, smoked chilli slaw	Cajun spiced Quorn patty with fajita mayo & smoked slaw	
Sides	Steamed curly kale & savoy cabbage	Charred broccoli	Bombay potatoes Onion bhaji Carrot salad Poppadoms Coriander naan	Mashed potato or pasta Garlic bruschetta Crushed tortilla chips	Chips	Roasted carrot with cumin	
Pasta & jacket potatoes	Grated Cheddar Baked beans Tomato sauce	Grated Cheddar Baked beans Tomato sauce	Grated Cheddar Baked beans Tomato sauce	Grated Cheddar Baked beans Tomato sauce	Grated Cheddar Baked beans Tomato sauce	Grated Cheddar Baked beans Tomato sauce	
	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	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	Chocolate sponge & chocolate sauce	
	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	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	Tandoori pulled pork	Sweet & sour pork	Bagels with:	Selection of stone baked pizzas:	Satay chicken thigh, crisp salad, vegetable pickles, sriracha	Beef, lentil & vegetable pie with green beans
	Peri peri Quorn strips	BBQ beef	Spiced chicken	Buttermilk fried chicken	Cherry tomato margherita		Chicken & winter vegetable puff
	Crispy breaded garlic mushrooms	Halloumi or falafel	Sweet chilli tofu	Vegan 'chicken'	Roast pepper & mozzarella	Marinated tofu with crisp salad, vegetable pickles, sriracha	pastry pot pie with mashed potatoes
	Fries	Flat bread	Noodles	Baby spinach	Rocket & spinach salad		Jacket potatoes
	Rainbow slaw	Shredded lettuce	Egg fried rice	Tomato	Spiced potato wedges	Jacket potatoes	Pasta
	Spicy rice	Tomato & cucumber	Stir fried vegetables	Cheese	Roasted broccoli	Pasta	Tomato sauce
	Macho peas	Pickled cabbage	Prawn crackers	Pickles		Tomato sauce	Grated cheese
	Pitta pockets	Red onion		Sriracha mayo			
	Jacket potatoes	Garlic yoghurt	Jacket potatoes	Fries			
	Penne pasta	Chilli Sauce	Penne pasta	Jacket potatoes	Jacket potatoes		
Tomato sauce	Jacket potatoes	Tomato sauce	Penne pasta	Pasta			
Grated cheese	Penne pasta	Grated cheese	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 special cake of the day
	Selection of fresh whole fruit, cut fruits, yoghurt & toppings						



Lunch menu Monday 20 to Sunday 26 November

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Supper menu Monday 20 to Sunday 26 November

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	Smokey chorizo sausage, oregano, paprika, tomato & red onion stew	Molasses glazed chicken wings, aioli, sesame seeds, crispy shallots & lime	Vegan bolognaise Seared fish in creamy dill sauce Cheese sauce	Korma chicken curry Tikka paneer kati roll with tarka dhal	Arayes kofta Chermoula glazed vegetable & halloumi skewers	Pizza	Mediterranean vegetable & spinach lasagne or traditional lasagne al forno with garlic bread
	Grilled cauliflower & cumin fritters with lime yoghurt	Tofu, coconut, turmeric aubergine & pea curry	Mixed pasta Garlic & rosemary broccoli	Cardamom rice Mint yoghurt	Bulgur wheat tabbouleh salad		
	Chimichurri sauce & salsa criolla	Sticky jasmine rice French beans Pickled cucumber	Garlic bread Rocket salad	Onion & tomato salad Tarka dhal Poppadoms Naan	Spicy fried Lebanese potatoes Mint cucumber & chilli yoghurt		
	Black bean & tomato salad, roast squash & chickpeas	Jacket potatoes Penne pasta Tomato sauce Grated cheese	Jacket potatoes Tomato sauce Grated cheese	Jacket potatoes Tomato sauce Grated cheese	Khobez bread		
	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						



Lunch menu from Monday 4 to Sunday 10 December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses	Chilli con carne, steamed rice, tomato salsa, sour cream, nachos	Marinated chicken, French fries, BBQ sauce, rocket salad & slaw	Tandoori chicken leg, yellow split pea dhal, curry sauce	Beef meatballs in tomato, pepper & basil sauce or pork meatballs with gravy	Cajun spiced fish burgers, fajita mayo, smoked chilli slaw	Roast chicken with mushroom, tarragon & button mushroom sauce	Brunch
	Indian tikka masala, Quorn ball, flatbread, onion & coriander salad & mint & cucumber yoghurt	Stir fried vegetables, egg noodles & Quorn with sweet chilli sauce	Vegetable, chickpea & spinach tikka masala, rice, yellow split pea dhal	Quorn 'meatballs' in tomato & oregano sauce	Cajun spiced vegan burgers, fajita mayo, smoked chilli slaw	Cajun spiced Quorn patty with fajita mayo & smoked slaw	
Sides	Steamed curly kale & savoy cabbage	Charred broccoli	Bombay potatoes Onion bhaji Carrot salad Poppadoms Coriander naan	Mashed potato or pasta Garlic bruschetta Crushed tortilla chips	Chips	Roasted carrot with cumin	
Pasta & jacket potatoes	Grated Cheddar Baked beans Tomato sauce	Grated Cheddar Baked beans Tomato sauce	Grated Cheddar Baked beans Tomato sauce	Grated Cheddar Baked beans Tomato sauce	Grated Cheddar Baked beans Tomato sauce	Grated Cheddar Baked beans Tomato sauce	
	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	Chef's hot potato filling of the day	
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	Chocolate sponge & chocolate sauce	
	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	



Supper menu from Monday 4 to Sunday 10 December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	Marinated chicken wings	Tandoori pulled pork	Sweet & sour pork	Bagels with:	Selection of stone baked pizzas:	Satay chicken thigh, crisp salad, vegetable pickles, sriracha	Beef, lentil & vegetable pie with green beans
	Peri peri Quorn strips	BBQ beef	Spiced chicken	Buttermilk fried chicken	Cherry tomato margherita		Chicken & winter vegetable puff
	Crispy breaded garlic mushrooms	Halloumi or falafel	Sweet chilli tofu	Vegan 'chicken'	Roast pepper & mozzarella	Marinated tofu with crisp salad, vegetable pickles, sriracha	pastry pot pie with
	Fries	Flat bread	Noodles	Baby spinach			mashed potatoes
	Rainbow slaw	Shredded lettuce	Egg fried rice	Tomato	Rocket & spinach salad	Jacket potatoes	Jacket potatoes
	Spicy rice	Tomato & cucumber	Stir fried vegetables	Cheese	Spiced potato wedges	Pasta	Pasta
	Macho peas	Pickled cabbage	Prawn crackers	Sriracha mayo	Roasted broccoli	Tomato sauce	Tomato sauce
	Pitta pockets	Red onion		Fries		Grated cheese	Grated cheese
	Jacket potatoes	Garlic yoghurt	Jacket potatoes	Jacket potatoes	Jacket potatoes		
	Penne pasta	Chilli Sauce	Penne pasta	Penne pasta	Penne pasta		
	Tomato sauce	Jacket potatoes	Tomato sauce	Tomato sauce	Pasta		
	Grated cheese	Penne pasta	Grated cheese	Grated cheese	Tomato sauce		
	Tomato sauce			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 special cake of the day
	Selection of fresh whole fruit, cut fruits, yoghurt & toppings						



Lunch menu Monday 11 and Tuesday 12 December

	MONDAY	TUESDAY
Main courses	Beef & mushroom open pie, mashed potato, green beans	Lamb keema with herby quinoa salad, tarka dhal, chilli pickle & natural yoghurt
	Chickpea falafels, tabbouleh, seasonal salads, hummus, grilled pitta bread	Chickpea and vegetable fritters with rice & lentil pilaf, garlic yoghurt sauce
Sides	Honey roasted carrots & parsnips	Steamed broccoli
Pasta & jacket potatoes	Grated Cheddar	Grated Cheddar
	Baked beans	Baked beans
	Tomato sauce	Tomato sauce
	Chef's hot potato filling of the day	Chef's hot potato filling of the day
Dessert	Apple sultana & cinnamon oat crumble & custard	Beetroot brownie
	Cut mixed fruit	Cut mixed fruit



Supper menu Monday 11 and Tuesday 12 December

	MONDAY	TUESDAY
Main courses & sides	<p>Smokey chorizo sausage, oregano, paprika, tomato & red onion stew</p> <p>Grilled cauliflower & cumin fritters with lime yoghurt</p> <p>Chimichurri sauce & salsa criolla</p> <p>Black bean & tomato salad, roast squash & chickpeas</p> <p>Jacket potatoes</p> <p>Penne pasta</p> <p>Tomato sauce</p> <p>Grated cheese</p>	<p>Molasses glazed chicken wings, aioli, sesame seeds, crispy shallots & lime</p> <p>Tofu, coconut, turmeric aubergine & pea curry</p> <p>Sticky jasmine rice</p> <p>French beans</p> <p>Pickled cucumber</p> <p>Jacket potatoes</p> <p>Penne pasta</p> <p>Tomato sauce</p> <p>Grated cheese</p>
Dessert	Plant-based apricot & mint betty with soya custard	Mixed donuts
	Selection of fresh whole fruit, cut fruits, yoghurt & toppings	