



## Lunch menu Monday 5 to Sunday 11 June

[illegible]



## Supper menu Monday 5 to Sunday 11 June

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	Spaghetti bolognaise	Chicken chickpea & squash tikka	Salami Milano	Curry crusted sweet potato with refried beans, guacamole & mango salsa	Thai vegetable coconut curry with lemon grass & fresh chilli	Coconut crusted fried chicken	Black bean beef with bao buns
	Quorn & pepper bolognaise	Potato pea & spinach turnover with chilli & coriander chutney	Pesto grilled chicken			Sesame crusted tofu	Nori tempeh fish style goujons
	Garlic bread		Mozzarella & spinach frittata	Roast chicken with garlic, lemon & thyme	Roasted squash & pea risotto with basil pesto	Sticky jasmine rice	Cajun French fries
	Sautéed courgettes & tomatoes	Coriander & lime rice	Marinated olives			Shredded vegetable slaw with chilli & ginger	Fried corn with green peppers & onions
	Italian salad	Smashed peas, chilli and lemon	Roasted red pepper & red onions	Smoked paprika wedges	Sweet & sour egg noodles	Thai watermelon salad with cucumber & mint	Garlic & rosemary broccoli
	Jacket potatoes	Honey roasted carrots	Sundried tomatoes & rocket	Red cabbage with apple and sultanas	Spiced cauliflower		Jacket potatoes
	Penne pasta		Rosemary & sea salt focaccia	Chunky baked squash	Butter roasted Chantenay carrots	Jacket potatoes	Penne pasta
	Tomato sauce	Jacket potatoes	Olive oil & balsamic vinegar			Penne pasta	Tomato sauce
	Grated cheese	Penne pasta	Salsa verde			Tomato sauce	Grated cheese
		Grated cheese	Jacket potatoes				
Dessert	Carrot cake with frosting	Cinnamon, apple & raspberry yoghurt	Vanilla & lime cheesecake	Frushi	Apple & custard turnover	Kiwi & strawberry yoghurt	Banana oat crumble with custard
	Selection of fresh whole fruit, cut fruits, yoghurt & toppings						



## Lunch menu Monday 12 to Sunday 18 June

[illegible]



## Supper menu Monday 12 to Sunday 18 June

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses & sides	Root vegetable & aduki 'shepherd's pie'	Beef & lentil bolognaise	Lamb koftas	Root vegetables & leeks with herby crumble	Mangalorean butternut, cauliflower & lentil curry	Balti box	Roasted red onion, carrot & leek
	Sticky tofu banh mi with pickled vegetables, chilli & coriander	Courgettes stuffed with wild rice, mushrooms & edamame beans	Feta cheese	Salmon, pea & leek fishcakes with red pepper sauce	Makhani chicken thighs	freekeh with parsley pesto	
	Turmeric rice with pomegranate & mint	Chickpea & spinach falafels	Stuffed vine leaves	Baked field mushrooms with spinach, red onions & blue cheese	Nigella paneer & cauliflower	Roast chicken, stuffing & bread sauce	
	Pak choi & carrot stir fry with soy & honey	Rosemary & sea salt focaccia	Marinated olives	Lemon & black pepper crushed potatoes	Onion seed naan		
	Crushed peas with chilli & lemon	Steamed spring green vegetables	Baked green peppers & red onions	Spring greens & sugar snaps	Steamed basmati rice	Rosemary & lemon roast potatoes	
		Beets & blue cheese	Tomatoes, dill cucumbers & endive	Baked celeriac gratin with chives	Roasted spiced chickpeas with spinach	Buttered savoy cabbage	
			Cumin flatbreads		Mung bean sprouts, chilli & coriander	Baked carrots, apples & herbs	
			Tzatziki		Butternut squash with black lentils		
			Hummus		Jacket potatoes		
					Penne pasta		
					Tomato sauce		
					Grated cheese		
Dessert	Coconut custard &	Apple, blackcurrant	Banoffee pie pots	Frushi	Raspberry ripple &	Peach & raspberry	Vanilla baked rice
	Selection of fresh whole fruit, cut fruits, yoghurt & toppings						



## Supper menu Monday 19 to Sunday 25 June

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main courses &amp; sides</b>	Soya, squash & aubergine 'no dairy' lasagne	Beef kofta with red beans & sweetcorn	Pork & sage sausage rolls	Grilled paneer cheese with mango, pickled red onion & kale	Not 'Chicken & jackfruit' bao buns	Howe's fried chicken	Roast pork shoulder with red onions, pears & sage
	Sweetcorn, chilli & spring onion fritters with coconut yoghurt	Nigella baked sweet potato with cottage cheese, spring onions & chilli	Honey & wholegrain mustard roast ham	Lamb moussaka with aubergine, tomato, beans & oregano	Crispy falafels with chilli sauce & pitta	Howe's fried tempeh	Tofu ramen bowls
	Sumac baked potato	Sea salt baked wedges	Cheddar cheese wedges		Garlic & spring onion fried rice	Waffles, smashed sweet potato	Parmesan & garlic roast potatoes
	Peas, courgettes & green beans with garlic	Green bean in tomato sauce	Pea, spinach & Wensleydale quiche	Classic tabbouleh	Baked broccoli with chilli & coriander	Pickled slaw with savoy cabbage & radish	Kale & peas
	Baked root vegetables, salsa verde & seeds	Caesar salad with croutons & Parmesan	Pickled pink onions	Honey & sesame roast carrots	mojo	Chopped salad	Baked swede with wholegrain mustard
			Grapes & apple	Fried greens with garlic	Sticky chilli pickled vegetable slaw	Rolled corn cobs with smoky onion crust	
			Classic salads				
			Crusty cob loaf				
			Pickles				
<b>Dessert</b>	Classic rocky road	Pear & ginger	Maple banana	Chocolate brownie	Fruity yoghurt	Plant based iced	Treacle tart with
	Selection of fresh whole fruit, cut fruits, yoghurt & toppings						



## Supper menu Monday 26 June to Sunday 2 July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Main courses &amp; sides</b>	Spaghetti bolognaise	Chicken chickpea & squash tikka	Salami Milano	Curry crusted sweet potato with refried beans, guacamole & mango salsa	Thai vegetable coconut curry with lemon grass & fresh chilli	Coconut crusted fried chicken	Black bean beef with bao buns
	Quorn & pepper bolognaise	Potato pea & spinach turnover with chilli & coriander chutney	Pesto grilled chicken			Sesame crusted tofu	Nori tempeh fish style goujons
	Garlic bread		Mozzarella & spinach frittata	Roast chicken with garlic, lemon & thyme	Roasted squash & pea risotto with basil pesto	Sticky jasmine rice	Cajun French fries
	Sautéed courgettes & tomatoes	Coriander & lime rice	Marinated olives			Shredded vegetable slaw with chilli & ginger	Fried corn with green peppers & onions
	Italian salad	Smashed peas, chilli and lemon	Roasted red pepper & red onions	Smoked paprika wedges	Sweet & sour egg noodles	Thai watermelon salad with cucumber & mint	Garlic & rosemary broccoli
	Jacket potatoes	Honey roasted carrots	Sundried tomatoes & rocket	Red cabbage with apple and sultanas	Spiced cauliflower		
	Penne pasta		Rosemary & sea salt focaccia	Chunky baked squash	Butter roasted Chantenay carrots	Jacket potatoes	Jacket potatoes
	Tomato sauce	Jacket potatoes	Olive oil & balsamic vinegar			Penne pasta	Penne pasta
	Grated cheese	Penne pasta	Salsa verde			Tomato sauce	Tomato sauce
		Tomato sauce	Jacket potatoes			Grated cheese	Grated cheese
		Grated cheese	Penne pasta				
			Tomato sauce				
			Grated cheese				
<b>Dessert</b>	Carrot cake with frosting	Cinnamon, apple & raspberry yoghurt	Vanilla & lime cheesecake	Frushi	Apple & custard turnover	Kiwi & strawberry yoghurt	Banana oat crumble with custard
	Selection of fresh whole fruit, cut fruits, yoghurt & toppings						





## Lunch menu Monday 3 to Thursday 6 July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Soup</b>	Soup of the day	Soup of the day	Soup of the day	Soup of the day
<b>Main courses</b>	Chicken & bean stroganoff	Piri piri pork steak with pineapple & sweetcorn salsa	Beef & tomato sausages	Malay-style coconut chicken curry
	Pea, asparagus & goats cheese frittata with pesto	Beetroot falafels with rustic slaw & pitta bread	Vegan Quorn sausages	Chickpea & potato curry
<b>Sides</b>	Potato & sweet potato wedges Cauliflower gratin Sautéed greens	Herby diced potatoes with honey mustard Roasted squash	Mashed potato Honey roast root vegetables Sautéed cabbage	Fragrant rice Vegetable medley Naan bread
<b>Pasta &amp; jacket potatoes</b>	Grated Cheddar Baked beans Fresh tomato & herb sauce	Grated Cheddar Baked beans Fresh tomato & herb sauce	Grated Cheddar Baked beans Fresh tomato & herb sauce	Grated Cheddar Baked beans Fresh tomato & herb 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
<b>Hot dessert</b>	Coconut & raspberry sponge	Plant based banana & chocolate dessert	Scrumble	Chocolate marble malt sponge
<b>Cold dessert</b>	Mini pots	Mini pots	Mini pots	Mini pots
<b>Cut fruit</b>	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit	Cut mixed fruit



## Supper menu Monday 3 to Thursday 6 July

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Main courses &amp; sides</b>	Root vegetable & aduki 'shepherd's pie'  Sticky tofu banh mi with pickled vegetables, chilli & coriander  Turmeric rice with pomegranate & mint Pak choi & carrot stir fry with soy & honey Crushed peas with chilli & lemon	Beef & lentil bolognaise  Courgettes stuffed with wild rice, mushrooms & edamame beans  Rosemary & sea salt focaccia Steamed spring green vegetables Beets & blue cheese	Lamb koftas  Feta cheese  Chickpea & spinach falafels  Stuffed vine leaves Marinated olives Baked green peppers & red onions Tomatoes, dill cucumbers & endive Cumin flatbreads Tzatziki Hummus	Root vegetables & leeks with herby crumble  Salmon, pea & leek fishcakes with red pepper sauce  Lemon & black pepper crushed potatoes Spring greens & sugar snaps Baked celeriac gratin with chives
<b>Dessert</b>	Coconut custard &	Apple, blackcurrant	Banoffee pie pots	Frushi
	Selection of fresh whole fruit, cut fruits, yoghurt & toppings			