



WEEK 1

4th September, 25th September, 16th October, 13th November, 4th December, 1st January 2018, 22nd January.

Available everyday: A wide selection of freshly prepared salads and seasonal vegetables.

MON

Soup of the Day



Italian Pasta Bolognese with Garlic Bread **OR** Vegetable Pasta Bake with Garlic Bread



Chickpea Falafel, Sweet Chilli & Spinach Wrap

Fresh Salad Bar



Bagel filled with Pork & Apple Burger & Apple Slaw

Dessert of the Day

Greek Lemon Sponge with Custard

TUES

Soup of the Day



Cumberland Sausage Ring, Sweet Potato Mash & Onion Gravy **OR** Loaded Quorn Burrito with Tomato Salsa



Tuscan Bean & Sweet Potato Risotto

Fresh Salad Bar



Louisiana Chicken Cajun Sub Roll

Dessert of the Day

Winter Berry Cheesecake

WEDS

Soup of the Day



Chunky Beef Chilli, Rice & Sour Cream **OR** Vegetable Spring Rolls with Sweet Chilli Noodles



Chicken & Bacon Wrap with Honey Mustard Mayo

Fresh Salad Bar



Indonesian Pork Curry Pot with Basmati Rice

Dessert of the Day

'Our Bake Off' Winning Carrot Cake

THURS

Soup of the Day



Roast Chicken, Stuffing, Roast Potatoes & Gravy **OR** Quorn Roast, Roast Potatoes & Gravy



Hot Roast Chicken & Stuffing Baguette

Fresh Salad Bar



Butternut Squash & Nut Free Pesto Flatbread

Dessert of the Day

Caramelised Dutch Apple Pudding with Custard

FRI

Soup of the Day



Fisherman's Catch Of The Day with Chips **OR** Vegetarian Tikka Chapati with Raita



Salmon & Sweet Potato Fishcakes with Asian Salad

Fresh Salad Bar



Smoked BBQ Sausage & Corn Pasta Pot

Dessert of the Day

Chocolate & Courgette Brownie with Cocoa Icing

Allergen Information: Please ask a member of staff if you require information on the ingredients in the food we serve.



WEEK 2

11th September, 2nd October, 30th October, 20th November, 11th December, 8th January 2018, 29th January

Available everyday: A wide selection of freshly prepared salads and seasonal vegetables.

MON

Soup of the Day



Ultimate Beef Burger with Seasoned Potato Wedges
OR Mixed Bean & Pepper Enchilada with Seasoned Potato Wedges



Chicken & Lentil Curry Pot with Wholemeal Rice

Fresh Salad Bar



Warm Tomato, Basil & Mozzarella Ciabatta

Dessert of the Day

Gingerbread Cake with Custard

TUES

Soup of the Day



Jerk Spiced Chicken with Rice & Peas **OR** Roasted Vegetable Lasagne



Crunchy Mac n' Cheese with Tomato & Spinach

Fresh Salad Bar



Roast Sweet Potato, Pepper & Hummus Wrap

Dessert of the Day

Traditional Toffee Tart with Vanilla Ice Cream

WEDS

Soup of the Day



Sweet & Sour Pork Noodles **OR** Mixed Bean & Aubergine Tagine with Cous Cous



Tuna, Cheddar Cheese & Red Onion Melt

Fresh Salad Bar



Korean Chicken, Kimchi Slaw & Toasted Bun

Dessert of the Day

Blackberry & Apple Crumble Cake

THURS

Soup of the Day



Roast Beef, Roast Potatoes, Yorkshire Pudding & Gravy
OR Vegetarian Toad-in-the-Hole, Roast Potatoes & Onion Gravy



BBQ Shredded Beef & Sticky Onion Baguette

Fresh Salad Bar



Loaded Salsa Potato Wedges with Crispy Bacon

Dessert of the Day

Steamed Jam Sponge Pudding with Custard

FRI

Soup of the Day



Fisherman's Catch Of The Day with Chips **OR** Quorn Balti Flatbread with Cucumber Yoghurt



Jumbo Fish Finger Wrap with Tartare Sauce

Fresh Salad Bar



Mexican Chicken & Rice Pot with Fresh Salsa

Dessert of the Day

Chocolate Crunch & Chocolate Sauce

Allergen Information: Please ask a member of staff if you require information on the ingredients in the food we serve.



WEEK 3

18th September, 9th October, 6th November, 27th November, 18th December, 15th January 2018, 5th February,

Available everyday: A wide selection of freshly prepared salads and seasonal vegetables.

MON

Soup of the Day



Beef Tikka Masala Meatballs,
Golden Rice & Naan **OR**
Tomato, Cheddar & Red
Onion Tart



Greek Style Lamb Kofta
Wholemeal Pitta Pocket

Fresh Salad Bar



Meat Free Hotdog Tacos

Dessert of the Day

Traditional Apple & Rhubarb
Crumble with Custard

TUES

Soup of the Day



Italian Chicken Pasta
Bake with Garlic Slice
OR Quorn Firecracker Pizza



Potato & Vegetable Frittata

Fresh Salad Bar



Chinese Five Spice
Chicken Wrap

Dessert of the Day

Lemon Drizzle Sponge Cake

WEDS

Soup of the Day



Beef Bourguignon
with Mashed Potatoes
OR Red Lentil &
Vegetable Moussaka



Thai Spiced Chicken Wrap

Fresh Salad Bar



Po' boy Baguette- Crispy
Southern Quorn with
Cajun dressing

Dessert of the Day

Parsnip & Coconut Flapjack
Slice with Custard

THURS

Soup of the Day



Roast Pork Loin, Apple Sauce
& Roast Potatoes **OR** Aloo
Gobi – Potato & Cauliflower
Curry with Coconut Rice



Hot Roast Pork, Apple Sauce
& Stuffing Baguette

Fresh Salad Bar



Pizza Pasta Pot with
Pesto Toast

Dessert of the Day

Banoffee Waffle & Ice Cream

FRI

Soup of the Day



Fisherman's Catch Of The
Day with Chips **OR**
Tempura Battered
Vegetables with Chilli Dip



Fish Pie topped with
Mashed Potato

Fresh Salad Bar



Sweet Potato & Butterbean
Curry Pot

Dessert of the Day

Chocolate & Pear Pudding
with Chocolate Custard

Allergen Information: Please ask a member of staff if you require information on the ingredients in the food we serve.