

WEEK 1 ~ LUNCHTIME SERVICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Kitchen	Roasted Red Pepper & Tomato Soup (v)	Country Root Vegetable Soup (v)	Leek and Potato Soup (v)	Mushroom and Potato Soup (v)	Carrot and Coriander Soup (v)
Signature MENU	Sausage with Onion Gravy New Potatoes	Cantonese Pulled Pork, Stir Fried Vegetables with Rice	Roast Chicken with Stuffing Coated Roasted Potatoes	Beef Lasagne with Herby Bread	"Chip Shop" Battered Fish and Chips
VEGETARIAN (v)	Roasted Butternut Squash Risotto (v)	Vegetable Lasagne with Garlic Herb Flatbread (v)	Quorn Fillet with Roast Potatoes (v)	Mexican Burrito, Spiced Wedges, Salsa (v)	Cheese and Tomato Calzone with Chips (v)
JACKET POTATOES	Topped with a choice of Daily Specials, Tuna, Cheese or Beans				
Pasta BAR	Topped with Tomato and Basil Sauce & Cheese (v)	Bacon and Cauliflower Cheesy Mac	Balsamic glazed Roasted Vegetables (v)	Beef Chilli and Nachos	Roasted veg with Garlic Naan (v)
Grab & Go	Parisienne Panini (v)	Caribbean Dream	Tuna Melt Panini	Tikka Takka	Baked Beany Panini (v)
Traditional PUDDING	Apple Crumble with Ice Cream	Lemon Drizzle Cake	Chocolate Muffin	Fresh Fruit Salad & Whipped Cream	Triple Layer Mousse, Shortbread Biscuit

Important Please Note:

We use both Wholemeal pasta and Brown and White rice in our recipes and there is a selection of fresh Seasonal Fruit, Vegetables and Seasonal Salad bar available daily

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Kitchen	Winter vegetable Soup (v)	Tomato Soup (v)	Spiced Roasted Butternut Squash Soup (v)	Carrot and Lentil Soup (v)	Spiced Cauliflower Soup (v)
Signature MENU	Spanish Chicken with Cous Cous	Beef Chow Mein	Roasted Gammon & Pineapple, Roasted Potatoes	BBQ Chicken Meatballs with Savoury Rice	"Chip Shop" Battered Fish and Chips
VEGETARIAN (V)	Beany Bolognaise with Wholemeal Garlic Bread (v)	Vegetable Chilli, Vegetable Rice & Nachos (v)	Sweet Potato & Spinach Curry, Naan Bread (v)	Cheese and Tomato Quiche with Potato Wedges (v)	Posh Dog and Chips (v)
JACKET POTATOES	Topped with a choice of Daily Specials, Tuna, Cheese or Beans				
Pasta BAR	Chicken Meatballs in Tomato Sauce	Chilli Tomato and Vegetable (v)	Chorizo Mac and Cheese	Meat Feast (Tomato Pasta topped with assorted Meats)	Falafel, Moroccan Spiced Tomato Sauce (v)
Grab & Go	Very Peri Chicken Panini	Return to Oz	Mexican BBQ Chicken Panini	Mexican Friends	Cheesy Pizza Panini (v)
Traditional PUDDING	Chocolate Brick Wall	Strawberry Cheesecake	Forest Fruit Sponge, Whipped Cream	Lemon & Courgette Muffin	Peach Sponge and Custard

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WEEK 3 ~ LUNCHTIME SERVICE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Kitchen	Chickpea and Harrissa Soup (VG)	Tomato & Basil Soup (V)	Cream Of Mushroom Soup (V)	Spiced Butternut Soup (V)	Carrot and Parsnip (V)
Signature MENU	Chicken Curry with Savoury Rice	Pasta Carbonara, Herby Garlic Bread	Roast Beef Dinner	Chicken Pie, New Potatoes	"Chip Shop" Battered Fish & Chips
VEGETARIAN (V)	Vegetable Enchiladas, Tomato Salsa (V)	Sweet Potato Slice, Paprika Potatoes (V)	Quorn Sausages with Roasted Mediterranean Vegetables (V)	Quesadilla S	Vegetable Quarter Pounder with Chips (V)
JACKET POTATOES	Topped with a choice of Daily Specials, Tuna, Cheese or Beans				
Pasta BAR	Chicken and Sweetcorn	Mexican Mac (Mild Salsa with Crushed Tortilla) (V)	Bacon, Double Cheese	Pepperoni Pizza Pasta	Pasta Tomato Sauce,
Grab & Go	Club Panini	Jazz It Up	Chicken Tikka Bhoona Panini	Greek Gyros	Parisienne Panini (V)
Traditional PUDDING	Apple Pie and Custard	Banana Peasant Pudding	Carrot Cake	Oatie Rhubarb Layer	Citrus Shortbread

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