



# 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

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# 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

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