


# weekly menu.


Week 1.

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Tomato & Basil	Carrot & Coriander	Spiced Butternut Soup	Mushroom & Thyme	Parsnip & Apple
Hero Dish	Chicken Katsu Curry served with Steamed Rice	Pasta Carbonara with Fusilli, Garlic Slice & Rocket Salad	Greek Chicken Flatbread with Herby Diced Potato & Tzatziki	Beef Meatballs in Tomato Sauce with Fusilli Pasta & Salad	MSC Cod Fingers with Chipped Potato, Lemon & Tartare
Kitchen Garden	Tofu Katsu Curry with Steamed Rice	Pasta Pomodoro with Fusilli, Garlic Slice & Rocket Salad	Green Quorn Flatbread with Herby Diced Potato and Tzatziki	Meatless Meatballs in Tomato Sauce with Fusilli Pasta and Salad	Fishless Fillet served with Chipped Potato, Lemon & Tartare Sauce
Sides	Broccoli Florets Green Beans	Fresh Carrots Garden Peas	Lemon Courgettes Roasted Tomato	Savoy Cabbage	Mushy Peas Garden Peas
Omega 3 Boost 	Free Range Egg Mayo Deli Filler	Italian Bean Salad	Spiced Butternut Soup	Savoy Cabbage	Smoked Mackerel Mayo
Jacket Filling	Tuna Melt	Chicken Curry	Ham & Mushroom	Chicken Cassoulet	Baked Beans
Dessert	Chocolate Chip Cake	Apple Flapjack	Lemon & Courgette Cake	Mixed Berry Crumble	Cookies

There are Halal options for Chicken, Beef & Turkey dishes. The option of Main Course, Vegetarian Main, Salad Bar, Jacket Potato Bar & Deli Bar is daily.

# weekly menu.

## Week 2.


Day	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Sweetcorn Chowder	Chickpea & Coconut	Green Vegetable	Tomato & Pepper	Mulligatawny
Hero Dish	Lincolnshire Sausages served with Mashed Potato & Gravy	Piri Piri Chicken Leg with Spiced Vegetable Rice	Tomato & Mascarpone served with Fusilli Pasta & Garlic Bread	Pot Roast Beef Brisket served with Roast Potatoes & Gravy	Pizza Margarita served with Chipped Potato & Rocket
Kitchen Garden	Meatless Farms Sausages served with Mashed Potato & Gravy	Piri Piri Falafel with Spiced Vegetable Rice	Pomodoro Pasta served with Fusilli Pasta & Garlic Bread	Vegetable Hotpot served with Gravy	Pizza Margarita served with Chipped Potato and Rocket
Sides	Hispi Cabbage Broccoli Florets	Coleslaw Garden Peas	Sauté Leeks Sweetcorn	Roasted Roots	Corn on the Cob Garden Salad
Omega 3 Boost 	Puy Lentil Salad	Chickpea & Coconut Soup	Bortolli Bean Salad	Free Range Egg Mayo Deli Filler	Smoked Mackerel Mayo
Hot Jacket Filling	Tuna Melt	Sausage Hotpot	Thai Style Chicken	5 Bean Cassoulet	BBQ Beef and Beans
Dessert	Honey Sponge & Custard	Orange Shortbread	Sticky Toffee Sponge with Chantilly Cream	Marshmallow Crispy Bar	Strawberry Ice Cream

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## Week 3.

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Soup of the Day	Butternut & Coriander	Courgette, Pea & Pesto	Tomato & Basil	Leek & Potato	Sweet Potato & Carrot
Hero Dish	Beef Bolognese served with Fusilli Pasta, Garlic Bread & Garden Salad	Chicken Fajita served with Roasted Spiced New Potatoes, Sour Cream & Fresh Salsa	Macaroni Cheese Bake with BBQ Pulled Pork Topping & Garden Salad	Chicken Tikka Masala with Steamed Rice, Samosa and Mini Poddadum	Crispy Turkey Burger in a Sesame Bun with Chipped Potatoes & Tomato Relish
Kitchen Garden	Vegan Bolognese served with Fusilli Pasta, Garlic Bread & Garden Salad	Vegetable Fajita served with Roasted New Potatoes, Sour Cream & Fresh Salsa	Macaroni Cheese Bake with Crispy Onion & Garden Salad	Chana Masala with Steamed Rice, Samosa and Mini Poddadum	Spiced Bean Burger in a Sesame Bun with Chipped Potatoes & Tomato Relish
Sides	Roasted Garlic Kale	Coleslaw Corn on the Cob	Sauté Leeks	Broccoli Florets	Garden Peas
Omega 3 Boost 	Butternut & Coriander Soup	Tofu & Spinach Curry	Free Range Egg Mayo Deli Filler	Jumping Bean Salad	Smoked Mackerel Mayo
Hot Jacket Filling	Tuna Melt	Beef Ragu	Mexican Style Chicken	Turkey Cassoulet	Chinese Pork
Dessert	Banana Sponge Cake	Gingerbread Flapjack	Raspberry Swirl Cake	Peach Crumble & Cream	Jam Doughnut

There are Halal options for Chicken, Beef & Turkey dishes.