| LUNCH |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Soup of the day | Soup of the Day | Soup of the Day | Soup of the Day | Soup of the Day | Soup of the Day | Soup of the Day | Soup of the Day |
| Main Course | Chicken \& Leek Pie GCSDE | Asian Style Glazed Crispy Chicken G Ch S Se | Beef Lasagne <br> G D T Su CE | Roast Beef \& Yorkshire Pudding D G E | Fish of the Day G D F Fish Fingers G F Roasted Salmon with Lemon \& Fresh Herbs F | Chilli Con Carne <br> C Ch \#G | Pulled Pork Bap with BBQ Glaze <br> Pork G Su |
| Vegetarian Option | Roasted Vegetable Pie G E | Asian Style Glazed Crispy Tofu <br> G Ch S Se | Vegetable Lasagne GDTE | Stuffed Mushroom with Leek \& Cheese Gratin D G | Frittata E D S | Three Bean Chilli TSuECh | Spicy Bean Burger G Su |
| Vegetables \& Potatoes | Herbed Potato Wedges Carrot Batons | Stir Fried Chop <br> Suey Noodles <br> G E S Se <br> Stir Fried Mixed Greens | Broccoli Garlic Bread G | Roast Potatoes, Cauliflower Cheese <br> D G S <br> Carrots <br> Green Beans | Chips <br> Baked beans T Peas | Long Grain Rice Nachos D Su Sauteed Peppers \& Onions | Buttered Corn on the Cob D Rainbow slaw M DE |
| Pasta/Noodle Option | Roasted Broccoli \& Cheddar G D S | Arrabbiata Pasta GTCE | Roasted Mediterranean Vegetable Pasta Bake G | Tomato \& Basil T G C | Fresh Basil Pesto Pasta D G | Tomato \& Chilli Pasta GET | Mac Cheese D G S |
| Jacket Potato Filling | Assorted Fillings | Assorted Fillings | Assorted Fillings | Assorted Fillings | Assorted Fillings | Assorted Fillings | Assorted Fillings |
| Dessert | Chocolate Sponge \& Chocolate Sauce GEDS | Apple Pie with Vanilla Whipped Cream G D S | Treacle Tart with Custard G D S | Jelly \& Ice- Cream <br> D Gelatine | Doughnut GE \#S | Peach Sundae D | Coconut \& Vanilla <br> Pannacotta with Shortbread Crumble <br> DE |
| Extras | A selection of cold meats and salads are available on the salad bar. Assorted cut \& whole fresh fruit \& yoghurts - assorted flavours |  |  |  |  |  |  |


| DINNER |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Main Course | Fish Cakes G F Homemade Tartare Sauce DESMSu | Italian Sausage Pasta with Peppers \& Onions G ET Pork | Chicken Katsu Curry GDEM | Chinese Char Siu Pork Belly with Crispy Spinach G S Se Su | Beef Madras T Ch | Breaded Chicken Kiev with Garlic Butter G DE | Roast Lamb Leg with Garlic \& Rosemary |
| Vegetarian Option | Sweet Potato Rosti with Feta \& Red Pepper D | Ratatouille CT | Japanese Style Omelette G E D | Tempura Glazed Vegetables G S Se Su | Vegetable Dahl T Ch | Breaded Celeriac Fritter with Garlic Butter Dip GDE | Veggie Hotpot <br> TGSD \#Se |
| Vegetables \& Potatoes | Twice-Baked Jacket Potatoes Sweetcorn \& Peas | Sauteed Potatoes Sugar Snap Peas Mange Tout | Vegetable Fried Rice E <br> Wok Fried Greens | Stir Fried Vegetables Steamed White Rice | Naan Bread G Poppadom \#G Long Grain Rice Green Beans | Roasted Herbed Potatoes Glazed Carrots Tender Stem Broccoli | Roast Potatoes Broccoli Cauliflower |
| Pasta option | Mushroom Carbonara <br> G D E C S |  | Chow Mein Noodles GESe | Chow Mein Noodles G E S Se | Vegetable Pasta Bake G D C | Garlic \& Parmesan Spaghetti G, D, E | Tortellini G D E |
| Jacket Potato Filling | Assorted Fillings | Assorted Fillings | Assorted Fillings | Assorted Fillings | Assorted Fillings | Assorted Fillings | Assorted Fillings |
| Dessert | Mixed Berry Custard Tart G E D S | Artic Roll with Chocolate Sauce <br> G DE | Asian Spiced Rice Pudding D S | Chocolate Chip Cookies GEDS | Exotic Fruits with Honey Yogurt D | Millionaire Shortbread D G S | Chocolate Mousse D S |
| Extras | A selection of cold meats and salads are available on the salad bar. Assorted cut \& whole fresh fruit \& yoghurts D - assorted flavours |  |  |  |  |  |  |

All our dishes are produced in kitchens that contain allergens. Please advise the Chef Manager of any special dietary requirements, food intolerances or food allergies.
G=Gluten, D=Dairy, E= Egg, Ch=Chilli, T=Tomato, M=Mustard, C=Celery, S=Soya, F=Fish, Su=Sulphur dioxide, Se=sesame, L=Lupin, CR=crustacean, $\mathrm{N}=$ nut, $\mathrm{P}=$ peanut.
"May contain" = \# and then the letter of the allergen

