

Week 3 Lunch and Dinner Menu



LUNCH							
	<i>Meat-Free Monday</i>	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	Lentil Bolognaise Pasta G C T Macaroni Cheese G D S	Cottage Pie with Gravy T D	Pork Loin with a Cider Sauce G D S U Pork	Roast Chicken Sage & Onion Stuffing Roast Gravy G C	Home Battered Fish of the Day G F Fish Fingers G F Baked Fresh Fish	Thai Green Chicken Curry T S	Southern Fried Chicken Burger G D T #Se #S
Vegetarian Option	Assorted Meat-Free Salad Buffet	Quorn Cottage Pie T D S E	Halloumi Croute with Tomato Salsa T G D	Nut-less Roast G E	Pasta in White Sauce G D	Vegetable Pad Thai	Veggie Burger G D T #Se #S
Vegetables & Potatoes	Steamed Broccoli Steamed Cauliflower Garlic Bread G	Glazed Carrots Garden Peas Steamed Green Cabbage	Croquet Potatoes G Sweetcorn Sauteed Leeks	Roast Potatoes Broccoli Roasted Root Vegetables	Chips Baked beans T Peas	Stir Fry Green Vegetables Jasmin White Rice Prawn crackers	French Fries #G Onions Rings G Rainbow Slaw M E D
Pasta/Noodle Option		Tomato and Basil T G C	Mushroom Risotto D	Creamy Spicy Sausage Pasta G D S Pork	Prawn & Smoked Haddock in White Sauce G D S F Cr	Ravioli with Basil Pesto G D	Tuna & Sweetcorn Pasta Bake G D S F
Jacket Potato Filling	Assorted Fillings	Assorted Fillings	Assorted Fillings	Assorted Fillings	Assorted Fillings	Assorted Fillings	Assorted Fillings
Dessert	Tiramisu G D S E	Chocolate Orange Sponge with Chocolate Custard D G E	Lemon Drizzle Cake G D E #P #N	Strawberry Shortbread G D	Doughnut G S U	Millionaire Mousse G D S	Arctic Roll & Berry Coulis G D S
Extras	A selection of cold meats and salads are available from the salad bar. Assorted Cut & Whole Fresh Fruit & Yoghurts D – assorted flavours						

DINNER							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main course	Homemade Meatball Subs with Marinara Sauce C T Pork #G	Crispy Fried Fish Tacos F Ch G E	Beef Stroganoff C D S	Chicken Kebab Ch #G	Beef Enchiladas G D T C Ch Su	Sausage Plait G E D T Se Pork	Roast Turkey, Cranberry Sauce, Stuffing & Gravy G Su
Vegetarian Option	Aubergine Parmigiana Sub E D G	Sweetcorn Fritter Taco w/ Chargrilled Pineapple D G E Ch	Mushroom Stroganoff D C S	Tempura Vegetable Ch With Mint Yogurt D	Vegetable Enchiladas G D T C Ch Su	Vegetable Plait G D E Se	Spinach & Feta Frittata D S E
Vegetables & Potatoes	Brioche Bun G, D, E Sweet Potato Fries #G	Spiced Potato Wedges Three-Bean Mexican Casserole T	Long Grain Rice Steamed Broccoli Roasted Sweet Peppers w/ Cherry Tomatoes	Herby Diced Potatoes Pitta Pockets G Tzatziki D	Corn on the Cob Mexican Style Rice Sour Cream & Chives D	Colcannon Mash D S Baton Carrots Gravy C	Roast Potatoes Roasted Vegetables Cabbage
Pasta Option	Mediterranean Roasted Vegetable Pasta Bake G, T	Penne Arrabbiata G, T	Roasted Red Pepper & Marjoram	Roasted Vegetable Cous Cous with Feta Cheese G D	Tomato, Chilli & Garlic G D	Three-Cheese Tagliatelle G D E S	Spinach & Mushroom G D
Jacket Potato Filling	Assorted Fillings	Assorted Fillings	Assorted Fillings	Assorted Fillings	Assorted Fillings	Assorted Fillings	Assorted Fillings
Dessert	Fruit Sundae D	Junkyard Brownie G E D S	Banoffee Pie G D E S	Mixed Berry Yogurt Smoothie D S Su	Carrot Cake G D E S	Double Choc Chip Cookie G D E S	Churros with Chocolate Sauce & Ice Cream E D G
Extras	A selection of cold meats and salads are available from 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 N=nut P=peanut

“may contain” = # and then the letter of the allergen