

Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup of the day	Cumin Roasted Cauliflower	Roasted Tomato and Red Pepper	Potato, Pea and Watercress Soup	Butternut Squash	Thai Red Rice Noodle Broth	
Main Meal	Thai Green Curry Chicken Breasts Jasmine Rice Lime & Ginger Sugar Snaps and Mangetout Thai Green Curry Sauce	Lasagne Garlic bread Caesar Salad	Mexican Chicken and Pepper Fajitas Spicy Bean Rice Sour Cream Salsa Guacamole Sweetcorn	Sticky Soy, Ginger and Chilli Glazed Pork Stir Fry Egg Noodles Lime & Ginger Sugar Snaps and Mangetout Rice Crackers	Battered Cod Fillet Chunky Chips Peas Fresh lemon Homemade Mushy Peas Tartare Sauce	<u>Panini Bar</u> Cheese & Ham Roasted Vegetable, Goats Cheese & Chilli Jam Falafel with Pea & Mint Hummus Curly Fries Sweetcorn
Vegetarian	Grilled Sourdough Welsh Rarebit	Crispy Tofu, Chilli and Lime Stir Fried Vegetable Noodles	Rigatoni Pasta bound in a roasted Tomato Sauce Topped with Mozzarella and Pesto	Kale, Basil & Parsley Pesto pasta topped with Edamame Beans, Feta and Sunflower Seeds	Frank Briggs Vegan Recipe Mongolian Sticky Seitan Jasmine Rice	
Lighter option	Roasted Vegetable and Pesto Warm Pasta Salad	Cheese and Ham Paninis	Traditional Fishermans Pie	Thai Green Vegetable Curry	Cajun Chicken Panini with Sweet Chilli Mayo	Tomato & Basil Pasta Bake with Garlic Bread
No Gluten & Dairy	We have Non Gluten and Dairy options available daily					
Jackets Fruit and Yogurt	Jacket Potatoes and Beans Served Daily Fresh Fruit - A variety of topped Yogurts					
Dessert	Rice Crispy Cake	Apple, Plum and Cherry Spiced Crumble and Custard	Chocolate and Salted Caramel Mousse	Apple Cake Cinnamon Whipped Cream	Sticky Toffee Pudding and Salted Caramel Sauce	New York Baked Cheese Cake