

Lunch Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup of the day	Spinach and Pea Soup	Roasted Tomato and Garlic	Mushroom	Sweet Potato and leek	Smoked Tofu and Bean Soup	Ginger, Carrot and Swede Soup
Main Meal	Beef and Parsley Meatball Pasta Bake Grated Mozzarella Broccoli Roasted Courgettes	Thai Marinated Chicken Breast with Thai Red Sauce Sweet Chilli & Vegetable Fried Rice Mange Tout and Pak Choi	Mexican Chicken and Pepper Fajitas Spicy Bean Rice Sour Cream Salsa Guacamole Roasted Squash and Edamame Beans	Steak, Onion and Root Vegetable Pie Bound in a Rich Gravy Caramelised Onion Gravy Creamy Mashed Potatoes Carrots, Peas	Battered Haddock Fillet Skinny Fries Peas Home Made Mushy Peas	Panini Bar Selection of Paninis Served with Italian Chicken and Mozzarella Chilli Beef Strips and Peppers Crispy Potatoes
Vegetarian	Onion Bhaji served on Mini Naan Bread Topped with Cucumber Yoghurt, Chillies & Coriander Steamed Basmati Rice	Roasted Pepper, Spinach, Feta & Pumpkin Seed Frittata Roasted New Potatoes	Sweet Chilli and Lime Tofu Noodle Stir fry Topped with Coriander, Chilli and Spring Onion	Moroccan Spiced Roasted Cauliflower Steak served on a Lentils and Preserved Lemon	Cauliflower and Chickpea Korma and Pilaf Rice	Moroccan Vegetable and Chickpeas with Harries Yogurt
Gluten Free	Gluten Free Pasta Bolognese	Thai Chicken Breast & Rice	Chorizo and Pea Risotto Topped with Parmesan	Steak and Vegetable Stew and Mash	Pulled Pork Nachos Sour Cream, Salsa and Guacamole	Italian Chicken Salad
Pasta Option	Whole Grain Pasta Tomato & Basil Sauce	Spinach and Ricotta cannelloni topped with a Gorgonzola Cream Sauce	Linguini with Roasted Vegetables Red Pepper Sauce	Wild Mushroom Pasta Bake topped with Spinach and Cherry Tomatoes	Pesto Pasta with Olives and Roasted Vegetables	Tomato, Basil and Mozzarella Pasta Bake
Jackets and Vegan	Jacket Potatoes and Beans Served Daily (please ask for our vegan option of the day)					
Fruit and Yogurt	Diced Fruit cups and a variety of flavours and topped Yogurts					
Dessert	Orange & Passion Fruit Cake	Apple, Plum and Cinnamon Crumble with Custard	Millionaires Shortbread	White Chocolate Panna Cotta & Stewed Cherries	Sticky Toffee Pudding Caramel Sauce	Chocolate Brownie