

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 & Sage	Chunky Vegetable Broth	
Main Meal	Beef Rendang Curry Turmeric & Cardamom Rice Sugar Snaps & Mangetout Mini Naan Breads Mini Poppadum's Mango Chutney Cucumber & Mint Yoghurt	Lemon, Thyme & Tarragon Chicken Drumsticks Roasted New Potatoes Green Beans Peas Gravy	Cajun Chicken Fajitas Bean & Coriander Rice Tortilla Wraps Selection of Dips Sweetcorn	Beef Lasagne Garlic Bread Roasted Peppers & Courgettes Steamed Broccoli tossed in Chilli Flakes & Pumpkin Seeds	Battered Haddock Chunky Chips Homemade Mushy Peas Steamed Peas Tartar Sauce Lemon Wedges	<u>Panini Bar</u> Cheese & Ham Roasted Vegetable, Goats Cheese & Chilli Jam Falafel with Pea & Mint Hummus Curly Fries Sweetcorn
Vegetarian	Vegetable & 3 Bean Wraps topped with Fresh Tomato Salsa	Aubergine Halves topped with Lentil Curry, Mint Yoghurt & Fresh Coriander	Rigatoni Pasta bound in a Roasted Tomato Sauce Topped with Mozzarella and Pesto	Crispy Tofu, Chilli and Lime Stir Fried Vegetable Noodles	3 Cheese Pasta Bake	
Lighter option	Broccoli & Ricotta Pasta topped with Green Pesto & Chives	Kale, Basil & Parsley Pesto Pasta topped with Edamame bean, Feta and Sunflower Seeds	Salami & Emmental Toasts topped with Mustard Mayo, Sauerkraut & Gherkin Relish	Traditional Fisherman's Pie	Spicy Chicken Wings topped with Cajun Mayo & Fresh Herbs	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	Chocolate Rice Krispie Cake	Pineapple Upside Down Cake	White Chocolate Mousse topped with Ginger Crumb & Raspberries	Baked Vanilla Cheesecake topped with Blueberry Compote	Sticky Toffee Pudding with Toffee Sauce	Chocolate Brownie