

# Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup of the day	Tomato & Roasted Garlic	Pea & Courgette	Sweet Potato & Chilli	Spinach & Watercress	Potato & Leek	
Main Meal	<p>Spanish Style Chicken Drumsticks</p> <p>Steamed New Potatoes tossed in Garlic &amp; Herb Butter</p> <p>Roasted Aubergines &amp; Peppers</p> <p>Corn On Cobs</p> <p>Paprika, Lemon &amp; Olive Sauce</p>	<p>Moroccan Spiced Lamb Mince &amp; Chickpea Mix</p> <p>Lemon Cous Cous with Raisins &amp; Herbs</p> <p>Green Beans &amp; Broccoli tossed with Pumpkin Seeds</p> <p>Pitta Breads</p> <p>Spicy Chipotle Mayo</p> <p>Cucumber &amp; Mint Yoghurt</p>	<p><b><u>Mac N Cheese Bar</u></b></p> <p>Macaroni Cheese Bakes served with selection of toppings</p> <p>Bacon Pieces</p> <p>Fried Mushrooms &amp; Onions</p> <p>Homemade Pesto</p> <p>Crispy Onions &amp; Chilli Flakes</p>	<p>Crispy Chilli Beef with Peppers &amp; Onions</p> <p>Sticky Jasmine Rice</p> <p>Sweet Chili &amp; Lime Pak Choi &amp; Sugar Snaps</p> <p>Rice Crackers</p>	<p>Jumbo Fish Finger Baps</p> <p>Fries</p> <p>Shredded Lettuce</p> <p>Homemade Tartar</p> <p>Lemon &amp; Dill Mayo</p>	<p>Thai Red Chicken Curry</p> <p>Sticky Rice</p> <p>Steamed Vegetables</p> <p>Rice Crackers</p> <p>Mini Spring Rolls</p>
Vegetarian	Roasted Vegetable Paella	Lentil Cassoulet topped with Krispy Kale & Toasted Seeds	Spicy Bean Burgers in Floured Bap topped with Apple & Fennel Slaw	Crispy Chilli Mushrooms with Peppers & Onions	Lentil Curry served with Wild Rice	Thai Green Vegetable Curry
Lighter Option	<p><u>New York Deli Sour Dough Toasties</u></p> <p>Pastrami, Emmental, Sauerkraut, Gherkin &amp; Mustard Mayo Toasties</p>	Penne Pasta served with Tomato & Roasted Garlic Sauce	Tandoori Tempeh & Vegetable Kebabs	Butternut Squash Tacos with Shredded Lettuce & Salsa	Vegetable Frittata	Pasta with Wild Mushroom Sauce
No Gluten & Dairy	<b>We have Gluten and Dairy Free options available daily</b>					
Fruit and Yogurt Jackets	Diced Fruit cups and a variety of flavours and topped Yogurts. Jacket Potatoes and Beans served daily					
Dessert	Rocky Road	Steamed Syrup Sponge & Custard	Banoffee Pots	Vanilla Cheesecake Salted Caramel Sauce	Lemon Drizzle Cake	Millionaire shortbread