

Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup of the day	Sweetcorn	Miso & Asian Veg Broth	Mushroom & Thyme	Roasted Cauliflower	Lentil	
Main Meal	Butter Chicken Cardamom Wild Rice Naan Breads Mini Poppadum's Mango Chutney Lime Pickle Green Beans & Mangetout	Beef Meatballs in rich Tomato, Roasted Pepper & Garlic Sauce Spaghetti Garlic Bread Steamed Cauliflower & Broccoli	Turkey Mince Chilli Spicy Cajun Rice Sweetcorn Taco Shells Salsa, Sour Cream & Guacamole	Jerk Style Chicken Thighs Spicy Roasted Potatoes Fried Plantain Roasted Courgettes Steamed Sugar Snaps Spicy Jerk Sauce	<u>Chicken Katsu</u> Breaded Chicken Breast Katsu Sauce Sticky Rice Sweet Chilli Pak Choi Mangetout	Cajun Beef Fajita Potato Wedges Tortilla Wraps Selection of Dips
Vegetarian	Cauliflower, Aubergine & Squash Curry	Harissa Spiced Cauliflower Steaks topped with Feta & Pomegranate Seeds	Vegan Mince Lasagne	Crispy Tofu & Noodle Stir Fry	Onion Bhaji topped with Curried Yoghurt & Coriander	Spicy Quorn & Vegetable Fajita Mix
Lighter option	Caramelised Red Onion & Goats Cheese Puff Squares topped with Onion Marmalade	Welsh Rarebit Toasts topped with Chilli Jam	Spaghetti Arrabiata	Tri Coloured Pasta with 3 Cheese Sauce	Gnocchi with Homemade Kale Pesto	Tomato & Basil Pasta
No Gluten & Dairy	We have Non Gluten and Dairy Options Available Daily					
Fruit, Yogurt	Jacket Potatoes and Beans served daily Fresh Fruit - A variety of topped yogurts					
Dessert	Granola Flapjack	Chocolate Cake	Strawberry and Banana Smoothies	Chocolate & Salted Caramel Mousse Cups	Carrot Cake topped with Cream Cheese Icing	Banoffee Pie Pots