

Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup of the day	Tomato & Roasted Pepper	Curried Potato	Sweetcorn Chowder	Broccoli & Cauliflower	Carrot & Coriander	
Main Meal	<p>Spicy Pork Chilli</p> <p>Cajun Rice</p> <p>Tortilla Chips</p> <p>Grated Cheese</p> <p>Guacamole</p> <p>Sour Cream Salsa</p> <p>Steamed Broccoli & Cauliflower</p>	<p>Minced Lamb, Vegetables and Onion Pie. topped with Golden Puff Pastry</p> <p>Creamy Mashed Potato</p> <p>Sweetcorn & Pea Mix</p> <p>Steamed Carrots</p>	<p>Hickory Smoked BBQ Chicken Drumsticks</p> <p>Chunky Chips</p> <p>BBQ Sauce</p> <p>Steamed Green Beans</p> <p>Lime and Coriander Corn on the Cob's</p>	<p>Beef Meatballs in Rich Tomato Sauce</p> <p>Penne Pasta</p> <p>Grated Parmesan</p> <p>Garlic Bread</p> <p>Tenderstem Broccoli tossed in Lemon Oil</p> <p>Garden Peas</p>	<p><u>Chicken Katsu</u></p> <p>Breaded Chicken Breast</p> <p>Katsu Sauce</p> <p>Sticky Rice</p> <p>Sweet Chilli Pak Choi</p> <p>Sugar Snaps</p>	<p><u>Taco Bar</u></p> <p>Spicy Cajun Beef Mince</p> <p>Lime & Chilli Fish</p> <p>Cajun Quorn & Vegetable</p> <p>Taco Shells</p> <p>Selection of Sauces</p> <p>Steamed Pea & Edamame</p>
Vegetarian	<p>Wild Mushroom and Parmesan Risotto</p> <p>Parsley Oil and Parmesan</p>	<p>Spinach, Chickpea & Cauliflower Rogan Josh with Wild Rice & Mini Poppadum's</p>	<p>More's Vegan recipe</p> <p>Vegan Sir Fry with Edamame Noodles</p>	<p>Quorn Mince Cottage Pie</p>	<p>Macaroni Cheese</p>	<p>Spaghetti tossed in Tomato, Garlic & Basil Sauce</p>
Lighter option	<p>Chicken and Mushroom Linguini topped with Crispy Onions and Chives</p>	<p>Blackened Cajun Salmon with Avocado and Mango Salsa</p>	<p>Onion Bahjis served on Naan Bread topped with Mango Chutney and Coriander Yogurt</p>	<p>Grill Cod Loin topped with a Crunchy Seed and Herb Crust served on a Lentil Cassoulet</p>	<p>Chicken & Chorizo Paella</p>	
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	<p>Jam and Coconut Sponge with Custard</p>	<p>Banoffee Pie Pots</p>	<p>New York Baked Cheesecake</p>	<p>Chocolate Mousse topped with Chocolate Crumble</p>	<p>Chocolate Tiffin bars</p>	<p>Strawberry Pavlovas</p>