














WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Roasted tomatoes and basil soup	Curried sweet potato soup	Parsnips and granny smith apple soup	Smoked paprika sweet corn soup	Tuscan borlotti beans and rosemary soup
	Our daily freshly made soup is served with bread, croutons and a selection of toppings				
CLASSIC	Ultimate breaded fish fillet ciabatta	Rich saffron and cardamom lamb biryani 	Cottage pie with steak mince and maris pipers mash	Smoked bbq chicken thighs 	Wholemeal pizza with mozzarella and spicy pepperoni 
NOURISH	Lebanese falafels and roast peppers ciabatta served with minty yogurt	Cumin marinated butternut squash and roast cauliflowers biryani	Welsh leek, cup mushrooms and tarragon pie	Halloumi and mediterranean vegetables skewers with salsa verde	Wholemeal pizza with mozzarella and basil
ON THE SIDE	French fries, minty peas, slice lettuce, tomatoes, tartare sauce	Steamed green beans with lemon and coriander dressing 	Thyme roasted parsnips and carrots 	Sweet potato and kidney beans brown rice. Southern corn bread and coleslaw 	Roasted maris pipers wedges and steamed peas 
DESSERT	Roasted peaches and berries oat crumble served with fresh custard	Fruit platter	Salted caramel banoffee pie	Fruit platter	Raisin and oat flapjack
EVERYDAY	We offer a lighter alternative of freshly prepared salad bar as well as daily options of pasta and jacket potatoes				

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Revithia, greek chickpea soup	Broccoli and stilton soup	Tuscan beans and rosemary soup	Green lentils soup	Leek and potato soup
	Our daily freshly made soup is served with bread, croutons and a selection of toppings				
MAIN MEAL	Greek lemon chicken gyros 	British cumberland sausages	Classic beef bolognese lasagne 	Old delhi coriander and cumin butter chicken 	Battered haddock filet Battered cumberland sausages
MEAT FREE	Roasted aubergine, sundried tomatoes and chickpea patty 	Mushroom and tarragon sausages	Radicchio and ricotta lasagne 	Tomato and onion paneer makhani	Homemade cornish root vegetable pasties 
ON THE SIDE	Lemon and thyme roast new potatoes, flat bread, Tzatziki, pickled cabbage Greek salad	Creamy mash, peas & onion gravy	Roasted cauliflowers and carrots Homemade garlic and parsley focaccia	Basmati rice, garlic and coriander naan bread. Steamed green beans Mango chutney	French fries, peas mushy peas and curry sauce
DESSERT	Steamed syrup pudding	Fruit platter	Strawberry jam victoria sponge	Fruit platter	Dark chocolate brownies served with chocolate custard
EVERYDAY	We offer a lighter alternative of freshly prepared salad bar as well as daily options of pasta and jacket potatoes				

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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SOUP	Creamy cauliflower and parmesan soup	Coriander and cumin carrot soup	Butternut squash and sage soup	Mushroom and chives soup	Courgettes and mint soup
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Our daily freshly made soup is served with bread, croutons and a selection of toppings

MAIN MEAL	Chop suey hoisin beef noodles 	Traditional lancashire lamb hotpot	Mexican chipotle pork and kidney beans 	Fisherman smoked Haddock and salmon fish pie topped with mature cheddar and parsley	Japanese chicken katsu curry 
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MEAT FREE	Hoisin shiitake mushrooms and tofu noodles 	Butter beans and marjoram courgettes hot pot 	Mexican roasted peppers and kidney beans chipotle 	Broccoli and mature cheddar quiche 	Aubergine katsu curry
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ON THE SIDE	Sautéed chinese cabbage and carrots	Creamy mash and minty peas	Corn tortillas, brown rice, avocado salsa, sour cream, pickled jalapenos and grated cheese	Carrots and cauliflowers with parley and olive oil	Sticky rice, steamed broccoli and katsu sauce
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DESSERT	Far breton	Fruit platter	Traditional sticky toffee pudding	Fruit platter	Zingy lemon drizzle sponge
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EVERYDAY We offer a lighter alternative of freshly prepared salad bar as well as daily options of pasta and jacket potatoes