














WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Roasted tomatoes and basil soup	Summer vegetables minestrone	French onion soup	Roasted celeriac, bacon and thyme soup	Cannellini, lemon and courgette soup
	Our daily freshly made soup is served with bread, croutons and a selection of toppings				
CLASSIC	Smoked paprika chicken stroganoff 	British Cumberland sausages 	Mac and cauliflower cheese with crispy onions	Thick rice noodles chicken pad Thai	Wholemeal pizza with mozzarella and spicy pepperoni  
NOURISH	Mushroom and spinach stroganoff	Plant based sausages	Mac and cauliflower cheese with crispy onions	Thick rice noodles vegetable pad Thai	Wholemeal pizza with mozzarella and basil 
ON THE SIDE	Basmati rice and seasonal vegetable panache	Maris pipers mash with peas and onion gravy	Thyme roasted parsnips and carrots	Lemongrass steamed broccoli	Thick cut chips and steamed peas
DESSERT	Summer fruit slice	Fruit platter	Upside down passion fruit and pears cake	Fruit platter	Strawberry tiramisu 
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	Borscht and sour cream	Potato and onion with rosemary olive oil	Andalusian gazpacho	New Delhi lentil dahl	Watercress and wild garlic soup
	Our daily freshly made soup is served with bread, croutons and a selection of toppings				
CLASSIC	Soy and ginger chicken fried rice	Traditional steak & ale pie	Sage and garlic porchetta served in a crispy ciabatta 	Spicy refried beans and cheese enchiladas 	Fish Fingers
NOURISH	Shiitake mushrooms and tempeh fried rice	Mature cheddar and potato pie	Roasted aubergines and rocket pesto ciabatta	Spicy refried beans and cheese enchiladas	Asparagus and chives quiches
ON THE SIDE	Roasted broccoli and peppers	Confit garlic and chives mash, peas & onion gravy	Sweet potato wedges with lemon kale and salsa verde	Brown rice, lime and chilli sweetcorn 	French fries and peas
DESSERT	Classic rice pudding	Fruit platter	Rocky road with marshmallows and candied fruit	Fruit platter	Ice pop 
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
SOUP	Creamy cauliflower and parmigiano soup	Carrots and orange soup	Spicy ginger and Thai basil broth	Roasted mushroom and chives soup	Oriental butternut squash and coconut soup
	Our daily freshly made soup is served with bread, croutons and a selection of toppings				
CLASSIC	Persian lamb kofta	Pollo alla pizzaiola with mozzarella	Classic beef lasagne alla bolognese  	Ham and cheese baked crepes de froment with bechamel sauce	Tacos al pastor 
NOURISH	Baked aubergine and feta falafels	Napa cabbage baked with parmigiano and thyme gratin	Asparagus and peas white lasagne	Spinach and brie baked crepes de froment with bechamel sauce	Butternut squash and beans tacos
ON THE SIDE	-Flat bread, red onions, pickles , tzatziki , hummus. -Mangetout and roasted peppers	Lemon and mustard green beans	Carrots and broccoli with parsley oil	Roasted cauliflowers	-Rice -Guacamole -Sweetcorn with mango and chilli salsa
DESSERT	Apple and cardamom pie with vanilla custard	Fruit platter	Chocolate and vanilla marble cake	Fruit platter	New York cheesecake
EVERYDAY	We offer a lighter alternative of freshly prepared salad bar as well as daily options of pasta and jacket potatoes				