

LUNCH

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Roasted beetroot and sour cream soup with dill	Miso Soup	Garden Peas and spinach soup	Curried lentil soup	Oven roasted cauliflower and chive soup
	Our daily freshly made soup is served with bread, croutons and a selection of toppings				
CLASSIC	Glasgow chicken Tikka Masala	Lincolnshire sausages	Tomato and basil potato gnocchi	Caribbean Jerk chicken	Wholemeal stone baked pizza with mozzarella and spicy pepperoni
NOURISH	Matar Paneer	Plant based sausages	Creamy zucchini, green beans and parmesan potato gnocchi	Curried peas and sweet potato pasties	Wholemeal stone baked pizza with mozzarella and basil
ON THE SIDE	-Steamed basmati rice , baked garlic naan bread and cumin green beans -Chutney of the day	-Maris pipers and sweet potato mash with peas , rich onion and mustard gravy	Garlic and sage roasted pumpkin	Brown rice, beans, roasted plantain	Chips and steamed green peas
DESSERT	Apple crumble served with Chantilly cream	Fruit platter	Lemon Cheesecake with raspberry coulis	Fruit platter	Jam sponge served with vanilla custard
EVERYDAY	We offer a lighter alternative of freshly prepared salad bar as well as daily options of pasta and jacket potatoes				

LUNCH

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Spicy tomato soup with fresh basil	Cabbage and potato soup	Creamy spinach and nutmeg veloute	Sweet corn and chicken broth	Sweet potato and coconut soup
	Our daily freshly made soup is served with bread, croutons and a selection of toppings				
CLASSIC	Lemon and rosemary roast chicken	Creamy slow cooked pork casserole	Falafel Gyros	Traditional beef and refried beans enchiladas	American fried chicken
NOURISH	Roasted aubergine with tomato and mozzarella	Seitan and root vegetable stew	Falafel Gyros	Refried Beans, peppers and cheese enchiladas	Cauliflower and cheddar crispy burger
ON THE SIDE	New potatoes and fine green beans	Roasted broccoli and cauliflowers	Fries, Tzatziki, pickles, burnt chilli mayo, hummus , lettuce and sliced tomatoes	Coriander and chilli rice, sour cream, salsa, jalapenos, tortilla crisps	Cajun sweet potato wedges, Peas and coleslaw
DESSERT	Classic rice pudding	Fruit platter	Fruit cobbler with vanilla custard	Fruit platter	Mini Doughnuts served with warm chocolate sauce
EVERYDAY	We offer a lighter alternative of freshly prepared salad bar as well as daily options of pasta and jacket potatoes				

LUNCH

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Courgette and potato soup rosemary oil	Roasted carrots and chickpeas soup	Broccoli and stilton soup	Butternut squash and swede soup	Thai chicken soup
	Our daily freshly made soup is served with bread, croutons and a selection of toppings				
CLASSIC	Chicken drums sticks with roasted peppers and olives	Pulled pork Noodles	Chicken and leeks pie	Lasagne alla Bolognese	Fish fingers
NOURISH	Baked feta with roasted peppers, oregano and olives	Sticky mushroom and tofu noodles	Mushrooms and leeks pie	Butternut squash and mozzarella lasagne	Chickpeas, aubergine and peppers sausage rolls
ON THE SIDE	Parsley and olive oil new potatoes Sautéed Cabbage	Steamed ginger broccoli	Mash potato and roasted carrots	Garlic and basil green beans	Chips and peas
DESSERT	Chocolate sponge with chocolate custard	Fruit platter	Upside down pineapple and glazed cherries cake	Fruit platter	Carrot cake
EVERYDAY	We offer a lighter alternative of freshly prepared salad bar as well as daily options of pasta and jacket potatoes				