

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	<b>Creole style vegetable soup</b> <i>Homemade bread/ topper/ croutons</i>	<b>Roasted carrot &amp; ginger</b> <i>Homemade bread/ topper/ croutons</i>	<b>Lightly spiced sweet potato</b> <i>Homemade bread/ topper/ croutons</i>	<b>White bean &amp; courgette</b> <i>Homemade bread/ topper/ croutons</i>	<b>Vegetable</b> <i>Homemade bread/ topper/ croutons</i>
Salad Bar	Selection of composite salads, make your own, proteins, sauces, toppers and dressings	Selection of composite salads, make your own, proteins, sauces, toppers and dressings	Selection of composite salads, make your own, proteins, sauces, toppers and dressings	Selection of composite salads, make your own, proteins, sauces, toppers and dressings	Selection of composite salads, make your own, proteins, sauces, toppers and dressings
Sandwiches	Today's Sandwich selection	Today's Sandwich selection	Today's Sandwich selection	Today's Sandwich selection	Today's Sandwich selection
Main Course	<b>Southern fried chicken</b>	<b>Beef with black bean sauce</b>	<b>Pork sausage</b> - <b>Halal chicken sausage</b>	<b>Roasted Chicken</b> <b>Rich Rosemary Gravy</b>	<b>Margherita Pizza</b>
Vegetarian (v) Vegan (vg)	<b>Tofu , bean &amp; cauliflower Gumbo (vg)</b>	<b>Tofu Manchurian (vg)</b>	<b>Plant based sausage (vg)</b>	<b>Cheese, onion &amp; white bean Shortcrust pie (v)</b> <b>Cheese, onion &amp; white bean Shortcrust pie (vg)</b>	<b>Roasted vegetable &amp; Three Cheese Pizza (v)</b> <b>Roasted vegetable &amp; Three Cheese Pizza (vg)</b>
Pasta Jacket Potatoes	Chunky tomato & Basil Sauce Baked beans Grated Cheddar Cheese	Chunky tomato & Basil Sauce Baked beans Grated Cheddar Cheese	Chunky tomato & Basil Sauce Baked beans Grated Cheddar Cheese	Chunky tomato & Basil Sauce Baked beans Grated Cheddar Cheese	Chunky tomato & Basil Sauce Baked beans Grated Cheddar Cheese
Sides	<b>Cajun roasted sweet potato</b> <b>Creamed corn / Sweetcorn</b> <b>Mint &amp; lemon Garden peas</b>	<b>Egg fried rice</b> <b>Garlic &amp; soy roasted Broccoli &amp; pak choi</b> <b>Chilli &amp; kuchumber salad</b>	<b>Creamy mashed potatoes</b> <b>Steamed Carrots</b> <b>Braised red cabbage</b>	<b>Smashed herby new potatoes</b> <b>Steamed Spring Greens</b> <b>Roasted Roots</b>	<b>Fries</b> <b>Roasted corn cobettes</b> <b>Roasted Mediterranean Vegetables</b>
Sweets	<b>Oat, raisin &amp; lemon cookie</b> Fruit, Jellies, yoghurts	<b>Apple crumble &amp; custard</b> Fruit, Jellies, yoghurts	<b>Lemon &amp; Poppy Cake</b> Fruit, Jellies, yoghurts	<b>Banana bread</b> Fruit, Jellies, yoghurts	<b>Selection of Desserts</b> Fruit, Jellies, yoghurts



For allergen & nutritional information, please speak to a member of the team.



Crustaceans



Eggs



Tree Nuts



Mustard



Celery



Soybeans



Sesame Seeds



Milk



Fish



Peanuts



Lupin



Gluten



Sulphur Dioxide



Molluscs

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	<b>Curried sweet potato</b> <i>Homemade bread/ topper/ croutons</i>	<b>Tomato, red pepper &amp; basil</b> <i>Homemade bread/ topper/ croutons</i>	<b>Pearl barley &amp; vegetable Broth</b> <i>Homemade bread/ topper/ croutons</i>	<b>Leek &amp; potato</b> <i>Homemade bread/ topper/ croutons</i>	<b>Winter Vegetable</b> <i>Homemade bread/ topper/ croutons</i>
Salad Bar	Selection of composite salads, make your own, proteins, sauces, toppers and dressings	Selection of composite salads, make your own, proteins, sauces, toppers and dressings	Selection of composite salads, make your own, proteins, sauces, toppers and dressings	Selection of composite salads, make your own, proteins, sauces, toppers and dressings	Selection of composite salads, make your own, proteins, sauces, toppers and dressings
Sandwiches	Today's Sandwich selection	Today's Sandwich selection	Today's Sandwich selection	Today's Sandwich selection	Today's Sandwich selection
Main Course	<b>Italian herb Chicken Burger</b> <b>Burger topping Station</b>	<b>Penne Beef Ragout</b>	<b>Chicken gyros</b>	<b>Turkey casserole topped with</b> <b>crispy filo</b> <b>Rich Gravy</b>	<b>Battered Pollock</b> <b>Fish Fingers (Juniors)</b>
Vegetarian (v) Vegan (vg)	<b>Sundried tomato, basil &amp; black bean burger (vg)</b>	<b>Eat curious Pastitsio Bake(v)</b> <b>Eat curious Pastitsio Bake(vg)</b>	<b>Eat curious gyros (v)</b> <b>Eat curious gyros (vg)</b>	<b>Lentil &amp; Bean Bake with Filo (vg)</b>	<b>Crispy Tofu steak (vg)</b>
Pasta Jacket Potatoes	Chunky tomato & Basil Sauce Baked beans Grated Cheddar Cheese	Chunky tomato & Basil Sauce Baked beans Grated Cheddar Cheese	Chunky tomato & Basil Sauce Baked beans Grated Cheddar Cheese	Chunky tomato & Basil Sauce Baked beans Grated Cheddar Cheese	Chunky tomato & Basil Sauce Baked beans Grated Cheddar Cheese
Sides	<b>Ranch style Potatoes</b>  <b>Roasted Courgettes</b>  <b>Kale &amp; Baked Mushrooms</b>	<b>Homemade garlic bread</b>  <b>Lemon &amp; black pepper Peas &amp; Green beans</b>  <b>Roasted Mediterranean Vegetables</b>	<b>Lemon &amp; oregano smashed new potatoes</b> <b>Pitta bread</b> <b>Tzatziki</b> <b>Roasted Corn with Chickpeas</b> <b>Greek Feta &amp; olive salad</b>	<b>Crushed Sweet potato &amp; squash</b>  <b>Rosemary &amp; Garlic Peas</b>  <b>Braised Cabbage</b>	<b>Chips</b>  <b>Mushy peas / Baked beans</b>  <b>Curry sauce / Gravy</b>
Sweets	<b>Fresh baked Cookies</b> Fruit, Jellies, yoghurts	<b>Spiced Ginger loaf</b> Fruit, Jellies, yoghurts	<b>Forest fruit Baked Crumble with Fresh Custard</b> Fruit, Jellies, yoghurts	<b>Apple &amp; yoghurt Cake</b> Fruit, Jellies, yoghurts	<b>Selection of Desserts</b> Fruit, Jellies, yoghurts



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Soybeans



Sesame Seeds



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Molluscs

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	<b>Miso &amp; Corn Broth</b> <i>Homemade bread/ topper/ croutons</i>	<b>Tuscan bean</b> <i>Homemade bread/ topper/ croutons</i>	<b>Asian vegetables &amp; rice noodle</b> <i>Homemade bread/ topper/ croutons</i>	<b>White bean, lemon &amp; courgette</b> <i>Homemade bread/ topper/ croutons</i>	<b>Tomato &amp; basil</b> <i>Homemade bread/ topper/ croutons</i>
Salad Bar	Selection of composite salads, make your own, proteins, sauces, toppers and dressings	Selection of composite salads, make your own, proteins, sauces, toppers and dressings	Selection of composite salads, make your own, proteins, sauces, toppers and dressings	Selection of composite salads, make your own, proteins, sauces, toppers and dressings	Selection of composite salads, make your own, proteins, sauces, toppers and dressings
Sandwiches	Today's Sandwich selection	Today's Sandwich selection	Today's Sandwich selection	Today's Sandwich selection	Today's Sandwich selection
Main Course	<b>Katsu chicken</b> <b>Katsu Curry Sauce</b>	<b>Moroccan Lamb Tagine</b>	<b>Thai basil Chicken</b>	<b>Lemon &amp; herb Fish Bake</b> - <b>Beef Stifado</b>	<b>Pepperoni Pizza</b>
Vegetarian (v) Vegan (vg)	<b>Roasted Vegetable &amp; Tofu</b> <b>Katsu curry (vg)</b>	<b>Lentil, Aubergine &amp; Tomato Tagine (vg)</b>	<b>Thai Tofu &amp; Vegetable Curry (Vv)</b>	<b>Lemon &amp; Herb Falafel (vg)</b>	<b>Roasted Vegetable &amp; Three Cheese Pizza (v)</b> <b>Roasted Vegetable &amp; Three Cheese Pizza (v)</b>
Pasta Jacket Potatoes	Chunky tomato & Basil Sauce Baked beans Grated Cheddar Cheese	Chunky tomato & Basil Sauce Baked beans Grated Cheddar Cheese	Chunky tomato & Basil Sauce Baked beans Grated Cheddar Cheese	Chunky tomato & Basil Sauce Baked beans Grated Cheddar Cheese	Chunky tomato & Basil Sauce Baked beans Grated Cheddar Cheese
Sides	<b>Rice</b> <b>Roasted Broccoli</b> <b>5 spiced garlic &amp; herb Peas</b>	<b>Jewelled cous-cous</b> <b>Carraway Carrots</b> <b>Wilted spinach &amp; peas</b>	<b>Jasmine rice with coconut &amp; lime</b> <b>Stir fried vegetables</b> <b>Curried Cauliflower</b>	<b>Braised Grains</b> <b>Macho Peas</b> <b>Crispy Kale</b>	<b>Oregano Fries</b> <b>BBQ Beans</b> <b>Corn Cobettes</b>
Sweets	<b>Freshly baked Cookies</b> Fruit, Jellies, yoghurts	<b>All Spice Carrot Cake</b> Fruit, Jellies, yoghurts	<b>Orange &amp; Yoghurt Cake</b> Fruit, Jellies, yoghurts	<b>Fruit berry Sponge &amp; Custard</b> Fruit, jellies, Yoghurt	<b>Selection of Desserts</b> Fruit, Jellies, yoghurts



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