

# WEEKLY MENU

LUNCH Week	Monday 18 May	Tuesday 19 May	Wednesday 20 May	Thursday 21 May	Friday 22 May	Saturday 23 May	Sunday 24 May
Soup	Italian Lentil Soup	Roasted Tomato and Balsamic	Thai Coconut soup with Noodles & Tofu	Pea & Mint Soup	Mulligatawny Soup		
Main Course	Chilli Beef Pasta Bake	Spiced Pork Apricot & Chickpea Tagine	Bo Kho - Vietnamese Beef Stew	Garlic & Thyme Roasted Chicken Legs	Classic Beef Burgers		
Vegetarian	Baked Pesto Orzo Pasta with Roasted Cherry Tomatoes & Feta	Smoky Aubergine & Chickpea Tagine with Lemon & Apricots	Vegetarian Nasi Goreng with Baked Omellete	Roasted Cherry Tomato & Broccoli Quiche	Spiced Falafel Burger with Sundried Tomato Hummus		
Vegan Meal	Baked Pesto Orzo Pasta with Roasted Cherry Tomatoes & Vegan Feta	Smoky Aubergine & Chickpea Tagine with Lemon & Apricots	Vegetarian Nasi Goreng	Roasted Cherry Tomato & Broccoli Quiche	Spiced Falafel Burger with Sundried Tomato Hummus		
Gluten and Dairy Free	Chilli Beef Pasta Bake	Spiced Pork Apricot & Chickpea Tagine	Bo Kho - Vietnamese Beef Stew	Garlic & Thyme Roasted Chicken Legs	Classic Beef Burgers		
Gluten Free	Chilli Beef Pasta Bake	Spiced Pork Apricot & Chickpea Tagine	Bo Kho - Vietnamese Beef Stew	Garlic & Thyme Roasted Chicken Legs	Classic Beef Burgers		
Dairy Free	Chilli Beef Pasta Bake	Spiced Pork Apricot & Chickpea Tagine	Bo Kho - Vietnamese Beef Stew	Garlic & Thyme Roasted Chicken Legs	Classic Beef Burgers		
Pork Free	Chilli Beef Pasta Bake	Fragrant Chicken Tagine	Bo Kho - Vietnamese Beef Stew	Garlic & Thyme Roasted Chicken Legs	Classic Beef Burgers		
Sides	Pesto Focaccia Kale Pesto Rocket & Chilli Flakes	Moroccan Cous Cous with Pomergranate & Coriander	Soy & Spring Onion Noodles	Rosemary Roasties	Shoestring Fries		
Sides	Peas	Sumac Roasted Cauliflower	Sesame Green Beans Prawn Crackers Thai Sweet Chilli Sauce	Roasted Carrot & Parsnip	Classic Coleslaw Peas		
Sides	Glazed Carrots	Garlic Roasted Peppers	Stirfry Savoy Cabbage	Cauliflower Gratin	Caramilised Onion Peri Peri Mayo Sliced Gherkins Sliced Tomatoes Baby Gem Lettuce		
Counter Pudding	Raspberry & Lemon Cupcake	Apricot & Apple Crumble Custard	Red Velvet Cake Cream Cheese Icing	Blueberry Cheesecake	Self Saucing Chocolate Pudding		

# WEEKLY MENU

SUPPER Week	Monday 18 May	Tuesday 19 May	Wednesday 20 May	Thursday 21 May	Friday 22 May	Saturday 23 May	Sunday 24 May
Main Course	Baked Lemon & Olive Greek Chicken Thighs	Korean Pulled Gojuchang Beef in a Bun	Pork & Leek Sausages Onion Gravy	Classic Carbonara Sauce			
Pasta Bar	Tomato & Basil	Creamy Black Pepper & Parmesan	Sundried Tomato & Garlic Cream Sauce	N/A			
Vegetarian	Spring Greens Spanakopita	Korean Pulled Gojuchang Jackfruit in a Bun	Lentil Shepherdess Pie	Arabiata Sauce			
Vegan	Spring Greens Spanakopita	Korean Pulled Gojuchang Jackfruit in a Bun	Lentil Shepherdess Pie	Arabiata Sauce			
Gluten Free And Dairy free	Baked Lemon & Olive Greek Chicken Thighs	Korean Pulled Gojuchang Beef in a Bun	Pork & Leek Sausages Onion Gravy	Classic Carbonara Sauce			
Dairy Free	Baked Lemon & Olive Greek Chicken Thighs	Korean Pulled Gojuchang Beef in a Bun	Pork & Leek Sausages Onion Gravy	Classic Carbonara Sauce			
Pork Free	Baked Lemon & Olive Greek Chicken Thighs	Korean Pulled Gojuchang Beef in a Bun	Chicken Sausages Onion Gravy	Arabiata Sauce			
Sides	Greek Style Lemon & Thyme Potatoes	Smoked Paprika Wedges	English Mustard & Parsley Mash	Spaghetti			
Sides	Oregano Green Beans	BBQ Baked Beans	Sweetcorn	Roasted Mediteranean Vegetables			
Sides	Greek Salad	Asian Slaw	Broccoli Florettes	Rocket Parmesan Cherry Tomato Salad			
Dessert	Orange Poppy & Carrot Cake	Baked New York Cheesecake	Lemon Drizzle Cake	Pear Sponge & Chantilly Cream			