

WEEKLY MENU

LUNCH Week	Monday 3 November	Tuesday 4 November	Wednesday 5 November	Thursday 6 November	Friday 7 November	Saturday 8 November	Sunday 9 November
Soup	Mushroom & Tarragon	Cheesy Potato & Red Onion Velouté with Leek	Roasted Red Pepper & Tomato Soup	Miso Butternut Soup	Thai Chicken Coconut Soup	N/A	N/A
Main Course	Classic Spaghetti Bolognaise	Blackened Southern Fried Chicken Thigh	Bonfire Bangers & Chive Mash	Pulled Firecracker Pork	Chip Shop Style Battered Sausage or Saveloy Corndog	Crispy Teriyaki Pork with Sesame, Spring Onion & Coriander	Bacon, Sausage, Fried Egg, Hash Brown
Vegetarian	Lentil & Butternut Bolognaise	Cheesy Baked Mediteranian Gnocchi & Sumac Roasted Peppers	Glamorgan Sausage & Chive Mash with Red Onion Gravy	Leek Loaf with Tomato Glaze	Sweet Potato, Spinach & Cream Cheese Pinwheel	Sticky Black Bean Quorn Fillets	Roasted Tomato, Beans, Fried Bread
Vegan Meal	Lentil & Butternut Bolognaise	Vegan Cheesy Baked Mediteranian Gnocchi & Sumac Roasted Peppers	Glamorgan Sausage & Chive Mash with Red Onion Gravy	Leek Loaf with Tomato Glaze	Vegan Sweet Potato, Spinach & Cream Cheese Pinwheel	Sticky Black Bean Quorn Fillets	Pan Fried Whole Flat Mushroom
Gluten and Dairy Free	Classic Spaghetti Bolognaise	G/F D/F Blackened Southern Fried Chicken Thigh	Gluten Free Bangers & Chive Mash	G/F D/F Pulled Firecracker Pork	G/F D/F Chip Shop Style Battered Sausage	G/F D/F Hoi Sin Chicken Thighs with Sesame, Spring Onion & Coriander	Gf Sausage
Gluten Free	Classic Spaghetti Bolognaise	G/F D/F Blackened Southern Fried Chicken Thigh	Gluten Free Bangers & Chive Mash	G/F D/F Pulled Firecracker Pork	G/F Chip Shop Style Battered Sausage	G/F Hoi Sin Chicken Thighs with Sesame, Spring Onion & Coriander	Cereal Station with Milk, Yoghurts
Dairy Free	Classic Spaghetti Bolognaise	D/F Blackened Southern Fried Chicken Thigh	Bonfire Bangers & Chive Mash	D/F Pulled Firecracker Pork	D/F Chip Shop Style Battered Sausage	D/F Hoi Sin Chicken Thighs with Sesame, Spring Onion & Coriander	Pain Au Chocolate, Crossaint
Pork Free	Classic Spaghetti Bolognaise	Blackened Southern Fried Thigh	Bonfire Chicken Bangers	Pulled Firecracker Beef Brisket	Chip Shop Style Battered Chicken Sausage	Hoi Sin Chicken Thighs with Sesame, Spring Onion & Coriander	Chicken & Herb Sausage
Sides	Garlic & Rosemary Focaccia, Cheese	Peri Peri Seasoned Wedges	Chive Mash, Red Onion Gravy	Mexican Rice Homemade Tortilla Chips	Chunky Chips	Soy Noodles	American Pancake, English Crepe, Lemon Wedge, Sugar
Sides	Rocket, Parmesan Green Beans	Lime & Chiil Flake Corn Cob	Steamed Minted Peas	Chilli Green Beans	Minted Peas Baked Beans	Ginger & Seame Wok Fried Vegetables	Waffles,
Sides	Roasted Caraway Cauliflower	Cajun Slaw	Roasted Garlic Broccoli	Sweetcorn	Tartar Sauce Curry Sauce Chip Shop Condiments	Prawn Crackers	Fresh Cut Fruit
Counter Pudding	Berry & Pear Crumble with Custard	Oaty Banana & Blueberry Loaf	S,mores Campfire Cupcakes	Jam & Coconut Sponge & Coconut Custard	Chocolate Trifle	Vanilla Ice Cream Tubs	N/A

WEEKLY MENU

SUPPER Week	Monday 3 November	Tuesday 4 November	Wednesday 5 November	Thursday 6 November	Friday 7 November	Saturday 8 November	Sunday 9 November
Main Course	Chicken, Chestnut Mushroom & Herb Casserole	Harisa Marinated Pork Chop	Loaded Chilli Tortilla Bar	Chicken Puttanesca	Beef, Pork and Fennel Meatballs with Spicy Tomato Sauce	Saturday Night Fakeaway (Chicken Shawarma) with Flatbreads	Roast Leg of Lamb
Pasta Bar	Pizza Sauce with Basil	Creamy Garlic & Parmesan	Basil & Parsley Pesto	N/A	Spicy Roasted Red Pepper & Tomato	N/A	N/A
Vegetarian	Hungarian Mushroom Stew	Butternut, Pepper & Cherry Tomato Crumble	Loaded Chilli Tortilla Bar	Mediterranean Vegetable Putanesca	Falafel with Spicy Tomato Sauce	Cauliflower & Puy Lentil Shawarma with Peppers & Caramelised Onions	Sweet Potato & Beetroot Wellington with Mushroom Duxelles
Vegan	Hungarian Mushroom Stew	Butternut, Pepper & Cherry Tomato Crumble	Loaded Chilli Tortilla Bar	Mediterranean Vegetable Putanesca	Falafel with Spicy Tomato Sauce	Cauliflower & Puy Lentil Shawarma with Peppers & Caramelised Onions	Sweet Potato & Beetroot Wellington with Mushroom Duxelles
Gluten Free And Dairy free	Chicken, Chestnut Mushroom & Herb Casserole	Herb Marinated Pork Chop	Loaded Chilli Tortilla Bar	Chicken Puttanesca	Beef, Pork and Fennel Meatballs with Spicy Tomato Sauce	Chicken Shawarma	Roast Leg of Lamb
Dairy Free	Chicken, Chestnut Mushroom & Herb Casserole	Herb Marinated Pork chop	Loaded Chilli Tortilla Bar	Chicken Puttanesca	Beef, Pork and Fennel Meatballs with Spicy Tomato Sauce	Chicken Shawarma with Flatbreads	Roast Leg of Lamb
Pork Free	Chicken, Chestnut Mushroom & Herb Casserole	Herb Marinated Chicken Thigh	Loaded Chilli Tortilla Bar	Chicken Puttanesca	Beef, Chicken and Fennel Meatballs with Spicy Tomato Sauce	Chicken Shawarma with Flatbreads	Roast Leg of Lamb
Sides	Wholegrain Mustard Mash, Petit Pain	Crispy Smashed Potatoes with Parsley & Lemon	Sour Cream & Chive, Chunky Guacamole & Pico de Gallo	Roasted Herby New Potato	Buttery Mash	Giant Mediterranean Cous Cous, Mint Yogurt Sauce with Garlic & Lemon	Skin on Roast Potato, Lamb Jus
Sides	Steamed Green Beans	Minted Peas	Spicy Wedges, Nacho Cheese Sauce	Roasted Garlic & Thyme Broccoli	Roasted Buttered Carrot wedges	Tahini Coleslaw, Classic Hummus, Chilli Sauce	Homemade Yorkshire Puddings, Mint Sauce
Sides	Lemon & Pepper Roasted Cauliflower	Roasted Carrot Wedge	Sweetcorn with Chimichurri, Naked Slaw, Jalapeno Slices	Rosemary Buttered Corn on the Cob	Chilli Green Beans	Roasted Courgette, Pickled Red Cabbage	Half Roasted Carrot Baton, Braised Red Cabbage with Apple & Spices
Dessert	Chocolate Orange Sponge with Chocolate Ganache	Gingerbread Sponge & Toffee Sauce	Ginger & lime Self Saucing Pudding	Oaty Chocolate Chip Biscuit	Lemon Meringue Tarts	Chocolate Bread and Butter Pudding with Cream	Black Cherry & Apple Crumble with Vanilla Custard