

WEEKLY MENU

LUNCH Week	Monday 12 January	Tuesday 13 January	Wednesday 14 January	Thursday 15 January	Friday 16 January	Saturday 17 January	Sunday 18 January
Soup	Spiced Sweet Potato Soup with Chilli Oil	Sweetcorn & Miso	Thai Butternut & Coconut	Roasted Tomato and Balsamic	Minted Pea & Gammon	N/A	N/A
Main Course	Truffled Mac & Cheese with Crispy Rocket	Sweet & Sour Chicken	Fragrant Beef & Lentil Rendang	Roast Gammon Rich Gravy Apple Sauce	Crispy Panko Chicken Katsu Burger	Shiplake Pasta Bar	Bacon, Sausage, Fried Egg, Hash Brown
Vegetarian	Pomodoro Pasta Bake with Basil Pesto	Thai Chickpea Burger with Wilted Pak Choi & Sweet Chilli Slaw	Vegetable & Chickpea Biryani	Olive, Sundried Tomato & Artichoke Risotto Cake	Roasted Cherry Tomato & Broccoli Quiche	Shiplake Pasta Bar	Roasted Tomato, Beans, Fried Bread
Vegan Meal	Pomodoro Pasta Bake with Basil Pesto	Thai Chickpea Burger with Wilted Pak Choi & Sweet Chilli Slaw	Vegetable & Chickpea Biryani	Olive, Sundried Tomato & Artichoke Risotto Cake	Roasted Cherry Tomato & Broccoli Tart	Shiplake Pasta Bar	Pan Fried Whole Flat Mushroom
Gluten and Dairy Free	G/F D/F Pomodoro Pasta Bake with Basil Pesto	G/F D/F Sweet & Sour Chicken	G/F D/F Fragrant Beef & Lentil Rendang	G/F D/F Roast Gammon Rich Gravy Apple Sauce	G/F Crispy Panko Chicken Katsu Burger	Shiplake Pasta Bar	Gf Sausage
Gluten Free	G/F Pomodoro Pasta Bake with Basil Pesto	G/F Sweet & Sour Chicken	G/F Fragrant Beef & Lentil Rendang	G/F Roast Gammon Rich Gravy Apple Sauce	Crispy G/f Panko Chicken Katsu Burger	Shiplake Pasta Bar	Cereal Station with Milk, Yoghurts
Dairy Free	D/F Pomodoro Pasta Bake with Basil Pesto	D/F Sweet & Sour Chicken	D/F Fragrant Beef & Lentil Rendang	D/F Roast Gammon Rich Gravy Apple Sauce	D/F Crispy Panko Chicken Katsu Burger	Shiplake Pasta Bar	Pain Au Chocolate, Crossaint
Pork Free	Truffled Mac & Cheese with Crispy Rocket	Sweet & Sour Chicken	Fragrant Beef & Lentil Rendang	Roast Chicken Rich Gravy Apple Sauce	Crispy Panko Chicken Katsu Burger	Shiplake Pasta Bar	Chicken & Herb Sausage
Sides	Olive & Rosemary Focaccia	Soy Noodles Prawn Crackers	Pilaf Rice Poppadoms Mango Chutney	Garlic & Rosemary Roast Potatoes	Shoestring Fries	Garlic Baguette	American Pancake, English Crepe, Lemon Wedge, Sugar
Sides	Herby Carrots	Sweet Chilli Sweetcorn	Coconut Green Beans Cucumber Raita	Cumin Scented Wilted Cabbage	Beans, Peas Katsu Sauce	Parmesan Green Beans	Waffles,
Sides	Peas	Soy & Sesame Stir Fried Peppers & Courgette	Ginger Carrots Mango Chutney	Roast Root Vegetables	Coleslaw, Caramilised Onion, Peri Peri Mayo	Cherry Tomato & Basil Salad	Fresh Cut Fruit
Counter Pudding	Red Velvet Cake Cream Cheese Icing	Chocolate Chunk Shortbread	Syrup Sponge with Whipped Vanilla Cream	Apple Compote with Oaty Crumb Topping Custard	Chocolate Chip Cupcakes	Apple & Pear Strudel with Vanilla Custard	N/A

WEEKLY MENU

SUPPER Week	Monday 12 January	Tuesday 13 January	Wednesday 14 January	Thursday 15 January	Friday 16 January	Saturday 17 January	Sunday 18 January
Main Course	Chicken Fajita with Peppers & Onions	BBQ Pulled pork with Caramelised onion	Cajun Sausage Stew with Butterbeans	Cheesy Chicken and Leek Pasta	Sichuan Beef Stir Fry with Ginger, Pineapple & Peppers	Traditional Shepards Pie)	Fakeaway Yo Sushi, Nigiri Sushi, Maki Sushi, Pickled Ginger, Wusabi, Mayo
Pasta Bar	Creamy Parmasan & Garlic	Roasted Tomato & Basil	Creamy Pesto	N/A	Bacon Carbonara	N/A	N/A
Vegetarian	Chunky Chargrilled Vegetable Kebabs	Pulled Aubergine with Pineapple Relish	Cajun Vegetarian Sausage Stew with Butterbeans	Cheesy Leek, Butternut & Spinach Pasta	Sichuan Vegetable Stir Fry with Ginger, Pineapple & Peppers	Root Vegetable & Lentil Cottage Pie	Fakeaway Yo Sushi, Nigiri Sushi, Maki Sushi, Pickled Ginger, Wusabi, Mayo
Vegan	Chunky Chargrilled Vegetable Kebabs	Pulled Aubergine with Pineapple Relish	Cajun Vegetarian Sausage Stew with Butterbeans	Tomato Leek, Butternut & Spinach Pasta	Sichuan Vegetable Stir Fry with Ginger, Pineapple & Peppers	Root Vegetable & Lentil Cottage Pie	Fakeaway Yo Sushi, Nigiri Sushi, Maki Sushi, Pickled Ginger, Wusabi, Mayo
Gluten Free And Dairy free	Chicken Fajita with Peppers & Onions	BBQ Pulled pork with Caramelised onion	Cajun G/F Sausage Stew with Butterbeans	Tomato Chicken and Leek Pasta	Sichuan Beef Stir Fry with Ginger, Pineapple & Peppers	Traditional Shepards Pie	Fakeaway Yo Sushi, Nigiri Sushi, Maki Sushi, Pickled Ginger, Wusabi, Mayo
Dairy Free	Chicken Fajita with Peppers & Onions	BBQ Pulled pork with Caramelised onion	Cajun Sausage Stew with Butterbeans	Tomato Chicken and Leek Pasta	Sichuan Beef Stir Fry with Ginger, Pineapple & Peppers	Traditional Shepards Pie	Fakeaway Yo Sushi, Nigiri Sushi, Maki Sushi, Pickled Ginger, Wusabi, Mayo
Pork Free	Chicken Fajita with Peppers & Onions	Pulled BBQ Chicken with Caramelised Onion	Cajun Chicken Sausage Stew with Butterbeans	Cheesy Chicken and Leek Pasta	Sichuan Beef Stir Fry with Ginger, Pineapple & Peppers	Traditional Shepards Pie	Fakeaway Yo Sushi, Nigiri Sushi, Maki Sushi, Pickled Ginger, Wusabi, Mayo
Sides	Classic Steamed Rice	Baps	Parmesan & Spring Onion Mash	Sundried Tomato & Olive Foccacia	Soy Noodles	Minted Peas	Yaki Udon Noodle
Sides	Shredded Lettuce, Salsa, Sour Cream & Chive	Coleslaw, Corn on the Cob	Peas	Creamed Spinach	5 Spice infused Cauliflower	Sauteed Cabbage	Sesame Cucumber Salad
Sides	Roasted Broccoli, Coleslaw	Potato wedges	Roasted Garlic Cauliflower	Parsley Buttered Corn on the Cob	Prawn Crackers	Homemade Bread	Soy & Ginger green Beans
Dessert	White Chocolate & Raspberry Sponge	Black Forest Sponge & Vanilla Custard	Carrot Cake & Cream Cheese Frosting	Classic New York Cheesecake	Egg Tart	Jam Donut	Elderflower & Strawberry Jelly