

WEEKLY MENU

LUNCH Week	Monday 13 October	Tuesday 14 October	Wednesday 15 October	Thursday 16 October	Friday 17 October	Saturday 18 October	Sunday 19 October
Soup	Zimbabwean Chicken and Vegetable Soup	Leak & Potato Soup	Roasted Celeriac & Truffle Soup	Creamy Tomato Soup & Basil Pesto	Curried Kale & Chickpea Soup		
Main Course	Jamaican Jerk Chicken Leg	Slow Braised Beef & Guinness Stew	Garlic & Thyme Roasted Loin of Pork & Crackling Caramelised Onion Gravy	Chilli Con Carne	Crispy Panko Chicken Burger		
Vegetarian	New Orleans Cajun Mac Cheese	Lentil & Root Vegetable Pie Topped with Chive Mash	Beetroot & Squash Wellington with Kale Pesto	Black Beans & Vegetable Buritto	Griddled Truffle Polenta with Tomato Salsa		
Vegan Meal	Vegan New Orleans Cajun Mac Cheese	Vegan Lentil & Root Vegetable Pie Topped with Chive Mash	Vegan Beetroot & Squash Wellington with Kale Pesto	Vegan Black Beans & Vegetable Burrito	Vegan Griddled Truffle Polenta with Tomato Salsa		
Gluten and Dairy Free	G/F D/F Jamaican Jerk Chicke Leg	G/F D/F Slow Braised Beef & Guinness Stew	G/F D/F Garlic & Thyme Roasted Loin of Pork & Crackling with Caramelised Onion Gravy	G/F D/F Chilli Con Carne	G/F D/F Crispy Panko Chicken Burger		
Gluten Free	G/F Jamaican Jerk Chicken Leg	G/F Slow Braised Beef & Guinness Stew	G/F Garlic & Thyme Roasted Loin of Pork & Crackling with Caramelised Onion Gravy	G/F Chilli Con Carne	G/F Crispy Panko Chicken Burger		
Dairy Free	D/F Jamaican Jerk Chicken Leg	D/F Slow Braised Beef & Guinness Stew	D/F Garlic & Thyme Roasted Loin of Pork & Crackling Caramelised Onion Gravy	D/F Chilli Con Carne	D/F Crispy Panko Chicken Burger		
Pork Free	Jamaican Jerk Chicken Leg	Slow Braised Beef & Guinness Stew	Garlic & Thyme Roasted Chicken with Caramelised Onion Gravy	Chilli Con Carne	Crispy Panko Chicken Burger		
Sides	West African Style Jollof Rice	Champ Potatoes	Crispy Roasties	Tomato & Black Bean Rice	Shoestring Fries		
Sides	Cajun Corn & Bacon Maque Choux	Honey & Thyme Roasted Carrots	Rad Wine Braised Red Cabbage Apple Sauce	Street Corn, Ejotes a la Mexicana (Mexican-Style Green Beans)	Beans, Peas & Mushy Peas		
Sides	Blackened Green Beans Fried Plantain Pineapple Salsa	Sauteed Savoy Cabbage	Garlicky Buttered Kale & Peas	Tex Mex Seasoned Tortilla Wedges Sour Cream Gaucamole Grated Cheese	Coleslaw, Caramilised Onion, Peri Peri Mayo Mint Sauce		
Counter Pudding	Dark Chocolate Bundt Cake with Red Fruit Glaze	Traditional Irish Apple Cake with Cream	Chocolate Bread & Butter Pudding with Vanilla Custard	Red Velvet Cheesecake Cake	Ring Dough Nut Wall		

WEEKLY MENU

SUPPER Week	Monday 13 October	Tuesday 14 October	Wednesday 15 October	Thursday 16 October	Friday 17 October	Saturday 18 October	Sunday 19 October
Main Course	Cumberland Sausage & Colcannon	Mediterranean Chicken with Peppers & Cherry Tomato	Sloppy Joe Bap with Peppers & Onion	Chorizo & Tomato Pasta			
Pasta Bar	Cheese & Leek	Cheese & Tomato	Creamy Spinach Pesto	N/A			
Vegetarian	Cheese, Mustard & Leek Sausage	Garlicky Lemon & Herb Vegetable Kebabs	Vegetarian Sloppy Joe with Lentils, Peppers & Onion	Creamy Chickpea, Spinach & Mushroom			
Vegan	Vegan Cheese, Mustard & Leek Sausage	Garlicky Lemon & Herb Vegetable Kebabs	Vegetarian Sloppy Joe with Lentils, Peppers & Onion	Creamy Chickpea, Spinach & Mushroom			
Gluten Free And Dairy free	Gluten Free Sausage & Colcannon	Mediterranean Chicken with Peppers & Cherry Tomato	Sloppy Joe Bap with Peppers & Onion	Chorizo & Tomato Pasta			
Dairy Free	Cumberland Sausage & Colcannon	Mediterranean Chicken with Peppers & Cherry Tomato	Sloppy Joe Bap with Peppers & Onion	Chorizo & Tomato Pasta			
Pork Free	Chicken Sausage & Colcannon	Mediterranean Chicken with Peppers & Cherry Tomato	Sloppy Joe Bap with Peppers & Onion	Chicken & Tomato Pasta			
Sides	Colcannon, Baby Onion Red Wine Gravy	Jewelled Cous Cous with Ras el Hanout	Roasted Diced Potatoes	Tomato Chutney & Roast Garlic Focaccia			
Sides	Fried Hisbi Cabbage	Roasted Garlic Courgette	Coleslaw, Caramelised Onion	Fresh Steamed Broccoli			
Sides	Roasted Carrot Wedge	Paprika Tossed Corn on the Cob	Roast Cauliflower with Rosemary	Sweetcorn			
Dessert	Toffee Apple Dump Cake with Cream	Eton Mess with Berries & Cream	Pineapple Upside Down Sponge & Vanilla Custard	Chocolate Chip Flapjack			