

WEEKLY MENU

LUNCH Week	Monday 9 February	Tuesday 10 February	Wednesday 11 February	Thursday 12 February	Friday 13 February	Saturday 14 February	Sunday 15 February
Soup	Red Lentil, Toasted Cumin Seed & Curry Oil	Mexican Bean & Rice Soup	Oven Roasted Red Pepper & Tomato Soup	Carrot & Ginger Soup			
Main Course	Creamy Ham & Pea Pasta	Pulled Beef Chilli Con Carne	Butchers Favourite Sausage	Goan Chicken Xacuti			
Vegetarian	Tomato & Basil Pasta topped with Feta Crumbs & Rocket Pesto	Smokey Turtle Bean & Pumpkin Chilli	Green Lentil & Barley Shepherds Pie	Butternut & Chickpea Korma			
Vegan Meal	Tomato & Basil Pasta topped with Rocket Pesto	Smokey Turtle Bean & Pumpkin Chilli	Green Lentil & Barley Shepherds Pie	Butternut & Chickpea Korma			
Gluten and Dairy Free	G/F D/F Creamy Ham & Pea Pasta	G/F D/F Pulled Beef Chilli Con Carne	G/F D/F Butchers Favourite Sausage	G/F D/F Goan Chicken Xacuti			
Gluten Free	G/F Creamy Ham & Pea Pasta	G/F Pulled Beef Chilli Con Carne	G/F Butchers Favourite Sausage	G/F Goan Chicken Xacuti			
Dairy Free	D/F Creamy Ham & Pea Pasta	D/F Pulled Beef Chilli Con Carne	D/F Butchers Favourite Sausage	G/F Goan Chicken Xacuti			
Pork Free	Creamy Chicken & Pea Pasta	Pulled Beef Chilli Con Carne	Chicken Sausage	Goan Chicken Xacuti			
Sides	Cavatappi Pasta, Rosemary Focaccia	Mexican Rice Tortillas Guacamole Tomato Salsa	Mustard Mash	Coconut Rice			
Sides	Sweetcorn, Broccoli Florettes	Chilli & Lime Corn on the Cob Sour Cream	Honey Roasted Carrots & Parsnip	Broccoli Turmeric Roasted Cauliflower			
Sides	Basil & Rocket Pesto Crispy Onion Grated Cheddar	Garlic Green Beans Tortilla Chips	Cumin Scented Savoy Cabbage	Kachumber Cucumber Raita Mango Chutney Poppadom's			
Counter Pudding	Caramelised Pineapple Upside Down Cake	Cinnamon Churros Cupcake	Apricot & Apple Crumble Custard	Mango Cheesecake			

WEEKLY MENU

SUPPER Week	Monday 9 February	Tuesday 10 February	Wednesday 11 February	Thursday 12 February	Friday 13 February	Saturday 14 February	Sunday 15 February
Main Course	Garlic & Herb Chicken Legs	Kung Po Pork with Pepper, Spring onions and Broccoli	Sloppy Joe Bap with Peppers & Onion				
Pasta Bar	Mushroom & Tarragon	Classic Pizza Sauce	Creamy Spinach Pesto				
Vegetarian	Roasted Thyme, Rosemary & White Wine Celeriac Steak	Stir Fried Veg & Beenshoot with Orange & Ginger Sauce	Vegetarian Sloppy Joe with Lentils, Peppers & Onion				
Vegan	Roasted Thyme, Rosemary & White Wine Celeriac Steak	Stir Fried Veg & Beenshoot with Orange & Ginger Sauce	Vegetarian Sloppy Joe with Lentils, Peppers & Onion				
Gluten Free And Dairy free	Garlic & Herb Chicken Legs	Kung Po Pork with Pepper, Spring onions and Broccoli	Sloppy Joe Bap with Peppers & Onion				
Dairy Free	Garlic & Herb Chicken Legs	Kung Po Pork with Pepper, Spring onions and Broccoli	Sloppy Joe Bap with Peppers & Onion				
Pork Free	Garlic & Herb Chicken Legs	Kung Po Pork with Pepper, Spring onions and Broccoli	Sloppy Joe Bap with Peppers & Onion				
Sides	Cheese & Red Onion Wedges	Beggars Noodle	Roasted Diced Potatoes				
Sides	Beans, Peas	Chinese Cabbage	Coleslaw, Caramelised Onion				
Sides	Mediterranean coleslaw	Prawn Crackers	Roast Cauliflower with Rosemary				
Dessert	Pear and chocolate Sponge	Marble Sponge	Pineapple & Coconut Sponge & Lime Chantilly				