

WEEKLY MENU

LUNCH Week	Monday 12 May	Tuesday 13 May	Wednesday 14 May	Thursday 15 May	Friday 16 May	Saturday 17 May	Sunday 18 May
Soup	Classic Minestrone	Cream of Roasted Tomato & Pepper	Miso Butternut Soup	Carrot & Lentil Soup with Feta Crumbs	Red Lentil, Kale & Coconut Soup	N/A	N/A
Main Course	Spaghetti Carbonara, Bacon	Chicken Katsu Curry	Beef Stroganoff with Peppers & Mushroom	Roast Gammon with Cider Gravy Apple Sauce	Chip Shop Style Battered Sausage or Saveloy Corndogs	Pasta Bar: Chicken & Tarragon Sauce	Bacon, Sausage, Fried Egg, Roasted Tomato, Hash Brown
Vegetarian	Mature Cheddar Baked Gnocchi with Sage Brown Butter	Sesame Tofu & Broccoli in Hoi Sin Sauce	Quorn Fillet & Aubergine Moussaka	Broccoli & Green Lentil Loaf with Cheesy Herb Sauce	Cheesy Chipotle Black Bean Buritto	Pasta Bar: Roasted Tomato and Chilli Sauce Creamy Mushroom Sauce	Pan Fried Flat Mushroom
Vegan Meal	Vegan Baked Gnocchi with Sage Brown Butter	Vegan Sesame Tofu & Broccoli in Hoi Sin Sauce	Vegan Lentil & Aubergine Moussaka	Vegan Broccoli & Green Lentil Loaf with Cheesy Herb Sauce	Vegan Chipotle Black Bean Burrito	Roasted Tomato and Chilli Sauce	Chicken & Herb Sausage
Gluten and Dairy Free	G/F D/F Spaghetti Carbonara, Bacon	G/F D/F Chicken Katsu Curry	G/F D/F Beef Stroganoff with Peppers & Mushroom	G/F D/F Roast Gammon Cider Gravy Apple Sauce	G/F D/F Freshly Battered Chip Shop Sausages	G/F D/F Pasta Bar	Creamy Porridge Bar with Assorted Toppings
Gluten Free	G/F Spaghetti Carbonara, Bacon	G/F Chicken Katsu Curry	G/F Beef Stroganoff with Peppers & Mushroom	G/F Roast Gammon Cider Gravy Apple Sauce	G/F Freshly Battered Chip Shop Sausages	Roasted Tomato and Chilli	American Pancakes, English Pancakes Pain Au Chocolate, Maple Syrup
Dairy Free	D/F Spaghetti Carbonara, Bacon	D/F Chicken Katsu Curry	D/F Beef Stroganoff with Peppers & Mushroom	D/F Roast Gammon Cider Gravy Apple Sauce	D/F Freshly Battered Chip Shop Sausages	Roasted Tomato and Chilli	Cereal Station with Milk, Yoghurts and Fresh Fruit
Pork Free	Chicken Spaghetti Carbonara	Chicken Katsu Curry	Beef Stroganoff with Peppers & Mushroom	Roast Chicken & Gravy	Freshly Battered Fish	Chicken & Tarragon Sauce	N/A
Sides	Pesto Focaccia	Miso Garlic Butter Rice	Buttered Parsley Tagliatelle	Garlic & Rosemary Roasties	Chunky Chips	Rosemary Focaccia	Croissants
Sides	Peas	Stir-fried garlic green beans	Braised Savoy Cabbage	Honey Roasted Winter Roots	Minted Peas Baked Beans	Lemon Roasted Courgette & Sweetcorn	Waffles
Sides	Glazed Carrots	Prawn Crackers	Smoked Paprika Roasted Peppers & Courgette	Cauliflower & Broccoli Gratin	Tartar Sauce Curry Sauce Chip Shop Condiments	Bacon Bits, Fresh Basil, Rocket, Parmesan Shavings,	Yoghurts and Fruit Slices
Counter Pudding	Lemon Drizzle Cupcakes	White Chocolate & Raspberry Bread & Butter Pudding	Mississippi Mud Pie	Warm Orange & Carrot Cake	Chocolate & Pear Sponge	Homemade White Chocolate Chip Cookies	N/A

WEEKLY MENU

SUPPER Week	Monday 12 May	Tuesday 13 May	Wednesday 14 May	Thursday 15 May	Friday 16 May	Saturday 17 May	Sunday 18 May
Main Course	Chicken, Chorizo & Pepper Paella with Prawns	Beef Brisket with Caramilised Onion Bap	Wholegrain Mustard & Apple Bacon Chops	Smoky Tomato Pasta with Sausage, Peppers & Mozzarella	Deep Fried Crispy Lemon Chicken	Shiplake Takeaway Night Piri Piri Chicken Quarters Chipotle Wings	Crispy Pork Belly
Pasta Bar	3 Cheese & Chive	Classic Pesto	Arrabiata Sauce	N/A	Cheese & Spring Onion	N/A	N/A
Vegetarian	Broccoli, Asparagus & Pepper Paella with Broad Beans	Sweet Potato & Roasted Chickpea Falafel Pitta with Slaw & Gochujang Mayo	Rumbledethump Pasty	Smoky Tomato Pasta with Vegetarian Sausage, Peppers & Mozzarella	Portabello Mushroom, Carrot & Gonger Chow Mein	Cajun Double Cheesy Mac Cheese	Beetroot, Sweet potato & Mushroom Wellington
Vegan	Broccoli, Asparagus & Pepper Paella with Broad Beans	Sweet Potato & Roasted Chickpea Falafel Pitta with Slaw & Gochujang Mayo	Rumbledethump Pasty	Smoky Tomato Pasta with Vegetarian Sausage, Peppers & Mozzarella	Portabello Mushroom, Carrot & Gonger Chow Mein	Vegan Cajun Double Cheesy Mac Cheese	Beetroot, Sweet potato & Mushroom Wellington
Gluten Free And Dairy free	Chicken, Chorizo & Pepper Paella with Prawns	Beef Brisket with Caramilised Onion Bap	Wholegrain Mustard & Apple Bacon Chops	Smoky Tomato Pasta with Gluten Free Sausage, Peppers & Mozzarella	Deep Fried Crispy Beef & Lemon Chicken	Piri Piri Chicken Quaters Chipotle Wings	Crispy Pork Belly
Dairy Free	Chicken, Chorizo & Pepper Paella with Prawns	Beef Brisket with Caramilised Onion Bap	Wholegrain Mustard & Apple Bacon Chops	Smoky Tomato Pasta with Gluten Free Sausage, Peppers & Mozzarella	Deep Fried Crispy Beef & Lemon Chicken	Piri Piri Chicken Quaters Chipotle Wings	Crispy Pork Belly
Pork Free	Chicken, Chorizo & Pepper Paella with Prawns	Beef Brisket with Caramilised Onion Bap	Wholegrain Mustard & Apple Chicken Breast	Smoky Tomato Pasta with Chicken Sausage, Peppers & Mozzarella	Deep Fried Crispy Beef & Lemon Chicken	Piri Piri Chicken Quaters Chipotle Wings	Roasted Butterfly Chicken Breast
Sides	Crusty Bread Rolls, Apple Vinegar Dressed Roasted Broccoli	Peri Peri Wedges	Classic Mash	Caramilised Onion & Parmesan Focaccia	Soy & Garlic Rice Noodles	Spicy Rice	Classic Roast Potato, Carrot Baton
Sides	Patatas Bravas	Cajun Spiced Corn on the Cob	Roast Cauliflower, Mustard & White Sauce	Steamed Savoy Cabbage	Prawn Crackers, Sweet Chilli Dip	Macho Peas	Stuffing, White Wine Gravy
Sides	Cherry Tomato Salad with Roasted Lemons	Coleslaw, Ketchup, Mayo, BBQ Sauce	Peas	Rocket & Tomato Salad, Cheese	Baton Carrots with Miso, Sesame Tossed Broccoli	Cheesy Nachos	Cabbage, Apple Sauce
Dessert	Strawberry & Thyme Cake with Pouring Cream	Tiramisu with Cocoa Powder	Jammy Flapjack	Syrupy Banana Upside Down Sponge with Custard	Blueberry & Lemon Curd Muffins	Devils Food Cake	Rhubarb & Pear Crumble with Vanilla Custard