

Lunch Menu

# Winter Menu

## Monday

Roast Red Pepper & Tomato Soup

Spiced Onion Bhaji with Indian Chickpea & Mango Salad

Macaroni Cheese

Jacket Potato with Beans or Cheese

Homemade Tortilla Chips  
Green Vegetable Medley  
Sweetcorn

Mixed Fruit Crumble with Custard

## Tuesday

Carrot & Coriander Soup

Kerelan Chicken Curry with Sambals & Naan Bread

Lentil & Vegetable Rogan Josh with Sambals & Naan Bread

Pasta with Tomato Sauce or Pistou

Rice  
Wilted Spinach  
Spiced Cauliflower

Marshmallow & Toffee Topped Crispy Cake

## Wednesday

Leek & Potato Soup

Roast Pork with Yorkshire Puddings & Apple Sauce

Roasted Squash, Chickpea, Spinach & Feta Filo Basket

Pasta with Cheese & Bacon Sauce

Roast Potatoes  
Carrots  
Cabbage

Strawberry Cheesecake Pots

## Thursday

Sweet Potato & Ginger Soup

Beef Bolognese with Garlic Bread

Vegetarian Cottage Pie with Sweet Potato Topping

Jacket Potato with Tuna Mayo or Cheese

Spaghetti  
Mushrooms  
Green Beans

Baked Chocolate & Croissant Pudding with Custard

## Friday

Mexican Bean Soup

Battered Hake with Lemon & Tartare Sauce

Piri Piri Quorn with Mixed Salad

Pasta with Tomato Sauce

Chips  
Minted Peas  
Baked Beans

Chocolate Brownie

## Saturday

Pasta Bar

Pasta with a Selection of Meat & Vegetarian Sauces & Filled Ravioli

Salad Bar

Cookies

## Sunday

Brunch

Grilled Bacon  
Oven Baked Pork  
Vegetarian Sausages

Black Pudding  
Baked Beans  
Grilled Tomato  
Sautee Mushroom  
Fried Egg  
Hash Brown

Fruit Platter

Yum Yums

A selection of salads will be available each day.

*All our meals are freshly made*

WEEK 1



# Winter Menu

## Monday

Courgette & Watercress Soup

Cauliflower & Lentil Dhal with Braised Rice

Cheese Tortelloni with Tomato & Basil Sauce

Jacket Potato with Beans or Cheese

Garlic Bread  
Green Beans  
Sweetcorn

Sticky Toffee Pudding with Toffee Sauce

## Tuesday

Spiced Chickpea & Coconut Soup

Pork Sausages with Gravy & Onions

Meatless Sausages with Bean Cassoulet

Pasta with Tomato Sauce or Roast Vegetables

Mash Potato  
Cabbage  
Baked Beans

Rocky Road

## Wednesday

Tomato & Mediterranean Vegetable Soup

Chicken & Leek Pie

Lentil & Feta Stuffed Pepper

Jacket Potato with Beans Or Tuna

Roast Potato  
Carrot & Swede Mash  
Broccoli

Gluten Free Lemon Drizzle Cake with Blueberry Compote

## Thursday

Butternut Squash Soup

Beef Chilli with Nachos, Sour Cream & Guacamole

Malaysian Pumpkin Curry

Potato Gnocchi Bake

Braised Rice  
Wilted Spinach  
Roasted Cauliflower

Blackberry & Apple Crumble with Custard

## Friday

Leek & Potato Soup

Battered Hake with Lemon & Tartare Sauce

Vegetable Spring Roll with Asian Mango Slaw

Pasta with Tomato Sauce or Pistou

Chips  
Minted Peas  
Baked Beans

Waffle with Chantilly Cream & Chocolate Sauce

## Saturday

Pizza & Chicken Wings

Selection Of Meat & Vegetarian Pizzas

BBQ Chicken Wings

Homemade Tortilla Chips & Dips

Salad Bar

Chocolate Muffins

## Sunday

Brunch

Grilled Bacon  
Oven Baked Pork  
Vegetarian Sausages

Black Pudding  
Baked Beans  
Grilled Tomato  
Sautee Mushroom  
Fried Egg  
Hash Brown

Fruit Platter

Fruity Flapjack

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# Winter Menu

| Monday  | Tuesday   | Wednesday                                      | Thursday                                    | Friday   | Saturday | Sunday   |
|---|---|--|---|--|----------|--|
| Courgette & Pea Soup                                      | Carrot & Fennel Soup  | Leek & Potato Soup                             | Tomato & Basil Soup                         | Sweet Potato & Carrot Soup                             | Deli Bar | Brunch   |
| Vegetarian Goulash  | Chicken Fajitas with Tortilla Wrap, Salsa, Guacamole & Sour Cream | Honey Roast Bacon Loin with Yorkshire Puddings | Beef Lasagne                                | Battered Hake with Lemon & Tartare Sauce               |          | Grilled Bacon<br>Oven Baked Pork<br>Vegetarian Sausages                                      |
| Vegetarian Chow Mien                                      | Spinach & Ricotta Cannelloni                                      | Roasted Vegetable & Butterbean Crumble         | Lentil Bolognaise with Spaghetti            | Roasted Broccoli & Chickpea Taco with Tomato & Avocado |          | Black Pudding<br>Baked Beans<br>Grilled Tomato<br>Sautee Mushroom<br>Fried Egg<br>Hash Brown |
| Pasta with Tomato Sauce & Roasted Vegetables              | Jacket Potato with Cauliflower & Chickpea Korma                   | Pasta with Tomato Sauce or Pistou              | Jacket Potato with Tuna Mayo or Baked Beans | Pasta with Tomato Sauce or Basil Pistou                |          | Fruit Platter  |
| Braised Rice, Roast Chickpea & Cauliflower Wilted Spinach | Lyonnaise Potatoes Broccoli Sweetcorn                             | Roast Potato Carrots Cauliflower Cheese        | Garlic Bread                                | Chips Peas Baked Beans                                 |          |  |
| Apple Sponge with Custard                                 | Chocolate Tiffin  | Sponge Fingers with Chocolate Sauce            | Green Beans Sweetcorn                       | Oreo Cheesecake Pots                                   |          |  |
|   |   |  | Vanilla Rice Pudding<br>Roasted Plums       |  |          |  |

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