MONDAY - meat free

MAINS (ALL SERVED WITH A SELECTION OF SEASONAL VEGETABLES AND POTATOES)

SOUP OF THE DAY (V)

GNOCCHI WITH CREAM, GARLIC AND SPINACH (V)
Potato gnocchi cooked in a cream sauce with garlic, spinach and red onion

BLACK BEAN VEGETABLE STIR FRY (V)
Crunchy stir fried vegetables cooked in a black bean sauce

SPICY BEAN BURGER (V)
A spicy bean burger served in a seeded bun with coleslaw

BAKED JACKET POTATO (V)
Served with various fillings

EXTRAS

SALAD SPECIAL (V)
Check the board for today’s cold options and create your own

SELECTION OF DESSERTS
Including yoghurts, fresh fruit and cold desserts

Allergens information - please ask a member of staff

(V) - vegetarian
TUESDAY

MAINS (ALL SERVED WITH A SELECTION OF SEASONAL VEGETABLES AND POTATOES)

SOUP OF THE DAY (V)

SPAGHETTI BOLOGNAISE
Slow cooked minced beef in a classic Italian tomato ragu

BAKED COD LOIN
Baked cod loin served with crunchy Asian style sir fried vegetables

SZECHUAN TOFU (V)
Crispy tofu served with Szechuan vegetables and noodles

BAKED JACKET POTATO (V)
Served with various fillings

EXTRAS

SALAD SPECIAL (V)
Check the board for today’s cold options and create your own

SELECTION OF DESSERTS
Including yoghurts, fresh fruit and cold desserts

Allergens information - please ask a member of staff
WEDNESDAY

MAINS (All served with a selection of seasonal vegetables and potatoes)

SOUP OF THE DAY (V)

QUARTER POUND BEEF BURGER
Beef burger served in a seeded bun with fresh salad and dressings

CAPE MALAY CHICKEN CURRY
Slow cooked chicken breast pieces cooked in a mildly spiced sweet curry sauce

VEGETABLE BAKE (V)
Crunchy vegetables baked in a light tomato sauce topped with vegan cheddar cheese

BAKED JACKET POTATO (V)
Served with various fillings

EXTRAS

SALAD SPECIAL (V)
Check the board for today’s cold options and create your own

SELECTION OF DESSERTS
Including yoghurts, fresh fruit and cold desserts

Allergens information - please ask a member of staff
THURSDAY

MAINS (ALL SERVED WITH A SELECTION OF SEASONAL VEGETABLES AND POTATOES)

SOUP OF THE DAY (V)

CHICKEN FAJITA
Chicken breast pieces cooked in Cajun spices served in a tortilla wrap with onions, peppers and sour cream dressing

SUNDRIED TOMATO AND DRAGON CHILLI SAUSAGES
Spicy sausages served with red coleslaw and salsa

QUORN CHILLI LASAGNE (V)
Oven baked Quorn chilli layered between corn tortillas, topped with white sauce and mozzarella

BAKED JACKET POTATO (V)
Served with various fillings

EXTRAS

SALAD SPECIAL (V)
Check the board for today’s cold options and create your own

SELECTION OF DESSERTS
Including yoghurts, fresh fruit and cold desserts

Allergens information - please ask a member of staff
FRIDAY

MAINS (ALL SERVED WITH A SELECTION OF SEASONAL VEGETABLES AND POTATOES)

SOUP OF THE DAY (V)

BATTERED FISH
Oven baked battered fish served with tartare sauce and lemon

ASIAN SPICED PORK LOIN
Oven baked pork loin steak cooked in authentic Asian spices

MUSHROOM STROGANOFF (V)
Mushrooms and onions cooked in a sour cream and paprika sauce

BAKED JACKET POTATO (V)
Served with various fillings

EXTRAS

SALAD SPECIAL (V)
Check the board for today’s cold options and create your own

SELECTION OF DESSERTS
Including yoghurts, fresh fruit and cold desserts

Allergens information - please ask a member of staff