MONDAY - meat free

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

- **SOUP OF THE DAY (V)**
- **“NO MEAT” BALLS (V)**
  Vegetarian meatballs cooked in a spicy tomato sauce
- **MUSHROOM RAVIOLI (V)**
  Mushroom ravioli cooked in a cream and mushroom sauce
- **VEGETABLE YAKISOBA (V)**
  Crunchy stir fried vegetables cooked in a yakisoba sauce served with 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

(V) - vegetarian
TUESDAY

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

SOUP OF THE DAY (V)

MINCE BEEF PIE
Minced beef and vegetables topped with a shortcrust pastry

CHIMICHURRI CHICKEN
Oven baked chicken breast cooked in a chimichurri marinade

THAI PEANUT TOFU STIR FRY (V)
Crispy tofu and vegetables stir fries in a spicy peanut sauce with 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
MAINs (all served with a selection of seasonal vegetables and potatoes)

SOUP OF THE DAY (V)

SMOKY BBQ PORK
Oven cooked pork loin in a smoky BBQ marinade

THAI RED CHICKEN CURRY
Chicken breast pieces cooked in a hot Thai red curry sauce

MOROCCAN VEGETABLE TAGINE (V)
Mixed vegetables cooked in a sweet Moroccan style sauce served with fragrant giant cous cous

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)**

**CHILLI CON CARNE**
Minced beef onions and peppers cooked in a spicy tomato sauce with red kidney beans

**DUO OF FISHCAKES**
Two oven baked fishcakes served with lemon and tartare sauce

**PUMPKIN TORTELLINI (V)**
Pumpkin filled pasta tossed in a warm peppery rocket pesto

**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

SPICY PORK MEATBALLS
Spiced pork and tomato meatballs cooked in a tomato and onion ragu

JERK SWEET POTATO AND BUTTERBEAN CURRY (V)
Sweet potato and butter beans cooked in a medium spiced curry sauce with jerk spices

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