**Week 2 Meat Free Monday**

**Soup of the day** (V)

**Mains**  
Choice of:

**Fungi Ravioli** (V)  
Pasta parcels filled with mushroom duxel tossed in a dressing of olive oil chilli flakes and garlic

**Quorn Stir-fry** (V)  
Chunky vegetables and Quorn pieces quick fried with Asian spices and noodles

**Chick Pea and Spinach Curry** (V)  
An Indian blend of spices with sweet fruity flavours combined to give this curry a moreish appeal. Served with steamed rice

**Baked Jacket Potato/ Baked Sweet Potato** (V)  
Served with various fillings

**Salad Special** (V)  
Check the salads board for today’s cold option

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

Create your own side salad from the salad bar (V)

**Selection of Desserts** (V)  
Including yoghurts, fresh fruit and cold desserts

(V) – Vegetarian  
Allergens information: please ask a member of staff for any information required
Week 2 Tuesday

Soup of the day (V)

Mains
Choice of:

Chicken Caesar Salad
Chicken fillet char grilled and served on top of fresh leaves
(Available from the salad bar, croutons, Caesar dressing and bacon bits)

Mediterranean Infused Cod
Cod fillet oven baked with peppers, tomatoes and onions and a blend of Mediterranean herbs

Mexican Lasagne (V)
Layers of Quorn chilli and corn tortillas topped with a creamy cheese sauce

Baked Jacket Potato/ Baked Sweet Potato (V)
Served with various fillings

Salad Special (V)
Check the salads board for today’s cold option

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

Create your own side salad from the salad bar (V)

Selection of Desserts (V)
Including yoghurts, fresh fruit and cold desserts

(V) – Vegetarian
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Week 2 Wednesday

Soup of the day (V)

Mains
Choice of:

Slow cooked Asian infused Beef Steak
Brisket steak covered in Asian flavours and spices and cooked low and slow until tender

Chicken Grabber
Marinated chicken pieces served with salad inside a folded naan served with homemade Raita

Basil Tomato Pasta (V)
Simple yet tasty pasta in basil tomato sauce served with garlic bread

Baked Jacket Potato/ Baked Sweet Potato (V)
Served with various fillings

Salad Special (V)
Check the salads board for today’s cold option

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

Create your own side salad from the salad bar (V)

Selection of Desserts (V)
Including yoghurts, fresh fruit and cold desserts

(V) – Vegetarian
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Week 2 Thursday

Soup of the day (V)

Mains
Choice of:

**Chicken Fajita**
Succulent chicken pieces, onions and peppers sautéed in Cajun spices and served inside a tortilla wrap

**Fishcake**
A firm favourite. Fluffy potato and white fish coated in breadcrumbs

**Vege Burgers (V)**
Vegetable burger served simply in a bun

**Baked Jacket Potato/ Baked Sweet Potato (V)**
Served with various fillings

**Salad Special (V)**
Check the salads board for today’s cold option

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

Create your own side salad from the salad bar (V)

**Selection of Desserts (V)**
Including yoghurts, fresh fruit and cold desserts

(V) – Vegetarian

Allergens information: please ask a member of staff for any information required
Week 2 Friday

Soup of the day (V)

Mains
Choice of:

Baked Battered Fish
Crisp battered cod finished in the oven

Cumberland Sausage
Pork sausage with distinctive herbs and spices combined to make this traditional English sausage

Potato Spinach Frittata (V)
New potatoes and spinach set with eggs (just like a quiche)

Baked Jacket Potato/ Baked Sweet Potato (V)
Served with various fillings

Salad Special (V)
Check the salads board for today’s cold option

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

Create your own side salad from the salad bar (V)

Selection of Desserts (V)
Including yoghurts, fresh fruit and cold desserts

(V) – Vegetarian
Allergens information: please ask a member of staff for any information required