Monday

Soup of the day (V)

Mains
Choice of:

Gnocchi with cream, garlic and spinach
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
A spicy bean burger served in a seeded bun with coleslaw (V)

Baked Jacket Potato (V)
Served with various fillings

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
Tuesday

Soup of the day (V)

Mains
Choice of:
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
Crispy tofu served with Szechuan vegetables and noodles (V)

Baked Jacket Potato (V)
Served with various fillings

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
Wednesday

Soup of the day (V)

Mains
Choice of:

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

Baked Jacket Potato (V)
Served with various fillings

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
Thursday

Soup of the day (V)

Mains
Choice of:

**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

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
Friday

Soup of the day (V)

Mains
Choice of:

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

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