

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chicken Korma with Coconut and Cardamom Rice Poppadum <i>(Gluten Free, Contains Nuts)</i></p>	<p>Lamb Koftas <i>(Gluten and Dairy Free)</i> With Winter Cous-Cous and a Roquette and Cucumber Salad <i>(Dairy Free)</i></p>	<p>Roast Topside of Beef with Mushroom, Shallot and Chervil Sauce <i>(Gluten Free)</i> Roast Potatoes Carrots and Broccoli <i>(Gluten and Dairy Free)</i> Yorkshire Puddings</p>	<p>Caramelised Honey and Mustard Pork with Crushed Potatoes Courgettes with Mint and Parmesan</p>	<p>Fish and Chips Homemade Tartare Sauce Peas with Mint Butter Lemon Wedges</p>
<p>Slow-cooked Butterbean and Aubergine Stew with Fresh Gremolata Green Vegetables <i>(Gluten Free and Vegan)</i></p>	<p>Mushroom and Caramelised Goats' Cheese Gnocchi with Sun-blushed Tomato and Roquette Salad</p>	<p>Potato, Parsnip and Fresh Horseradish Gratin with Slow-cooked Cherry Tomatoes <i>(Gluten Free)</i></p>	<p>Swede, Parsnip and Celeriac Casserole with Herb Sourdough Toasts <i>(Dairy Free)</i></p>	<p>Panko Breadcrumbed Halloumi with Fresh Tapenade and Greek Salad</p>
<p>Banana and Pecan Pudding with Caramel Sauce and Cream <i>(Contains Nuts)</i></p>	<p>Pistachio and White Chocolate Blondies with Blueberry Cream <i>(Contains Nuts)</i></p>	<p>Gluten-Free Autumn Fruit Crumble <i>(Gluten and Dairy Free, Contains Nuts)</i> Served with Vanilla Pouring Cream</p>	<p>Granola and Berry Syllabub <i>(Gluten Free, Contains Nuts)</i></p>	<p>Baked White Chocolate Cheesecake with Gooseberry Compote</p>

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dinner

Week One and three

Monday	Tuesday	Wednesday	Thursday	Friday
Homemade Lasagne with Garlic Ciabatta and Dressed Mixed Salad	Chicken, Tomato, Pepper and Sweet Potato Tray-bake Pea, Mint and Cucumber Salad <i>(Gluten And Dairy Free)</i>	Lemon, Garlic and Spinach Salmon Pasta Bake Cucumber, Tomato and Fennel Salad	Greek Lamb Stuffed Aubergines with Feta Greek Salad Roast New Potatoes <i>(Gluten Free)</i>	Chicken Katsu Curry Sticky Rice Asian Dressed Salad <i>(Dairy Free)</i>
Roasted Vegetable, Parmesan and Mozzarella Lasagne	Borlotti Bean, Carrot and Courgette Shepherdess Pie with Oxford Sauce <i>(Gluten Free)</i>	Chickpea, Butternut Squash and Spinach Curry Basmati Rice Poppadom <i>(Gluten and Dairy Free)</i>	Sun-blushed Tomato, Feta and Oregano Tarts with Fresh Tapenade	Mushroom 'Meatballs' with Roasted Tomato and Harissa Sauce Herb and Lemon Cous Cous <i>(Dairy Free)</i>
Blueberry, Lemon and Poppyseed Muffins	Caramel and Vanilla Choux Buns	Chocolate and Coffee Meringue Roulade <i>(Gluten Free)</i>	Triple Chocolate Brownies <i>(Gluten Free)</i>	Homemade Meringues with Berry Cream <i>(Gluten Free)</i>

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Lunch

Week two

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Peppered Steak and Mushroom Pie with Stroganoff Sauce New Potatoes with Parsley and Mint Peas</p>	<p>Harissa Lamb and Butterbean Shepherds Pie with diced Potato and Squash Top Roasted Broccoli, Fennel and Cauliflower <i>(Gluten And Dairy Free)</i></p>	<p>Roast Chicken with Chicken Liver, Apple and Sage Stuffing and Pan Gravy Bread Sauce Roast New Potatoes Green Beans and Carrots</p>	<p>Keema Lamb Curry Turmeric and Almond Rice <i>(Gluten Free)</i> Naan Bread</p>	<p>Salmon Wellington with Pine Nuts, Spinach and Feta Roasted Vegetable Ratatouille Green Vegetables</p>
<p>Spiced Cauliflower and Parmesan Cake with Cucumber, Dill and Mint Salad</p>	<p>Mango and Tofu Curry with Lemon and Curry Leaf Rice <i>(Gluten And Dairy Free)</i></p>	<p>Artichoke and Potato Tart Crushed Pea and Herb Sauce</p>	<p>Roasted Vegetable Pastitsio With Watercress and Goats' Cheese Salad</p>	<p>Peppers stuffed with Saffron Rice, Broad Beans and Asparagus with Crushed Puy Lentils with Tahini and Cumin <i>(Gluten And Dairy Free)</i></p>
<p>Caramel, Nut and Berry Eton Mess <i>(Gluten Free, Contains Nuts)</i></p>	<p>Chocolate Tart with Cocoa, Strawberries and Cream</p>	<p>Ginger Cake with Ginger Sauce and Cream</p>	<p>Lemon Curd and Blackberry Mousse with Chocolate and Cranberry Cookies</p>	<p>Meringues filled with Raspberry and Mango Cream <i>(Gluten Free)</i></p>

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dinner

Week two and four

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Turkey in a Creamy Lemon and Parmesan Sauce <i>(Gluten Free)</i></p> <p>Baked Pasta with Tomato and Onion Sauce topped with Mozzarella</p> <p>Cucumber and Mint Salad</p>	<p>Homemade Fishcakes with Herb and Lemon Mayo</p> <p>New Potato, Pea and Little Gem Salad <i>(Gluten Free)</i></p>	<p>Pancetta and Leek Macaroni Cheese with Parmesan Breadcrumbs</p> <p>Dressed Salad</p>	<p>Chicken, Root Vegetable and Red Pepper Casserole</p> <p>New Potatoes</p> <p>Savoy Cabbage <i>(Gluten and Dairy Free)</i></p>	<p>Homemade Burgers</p> <p>Chunky Chips</p> <p>Homemade Salsa</p> <p>Green Salad <i>(Dairy Free)</i></p>
<p>Spinach and Ricotta Cannelloni</p> <p>Mixed Salad</p>	<p>Mozzarella-filled Risotto Cake with Tomato Pickle <i>(Gluten Free)</i></p>	<p>Aubergine and Courgette Parmigiana <i>(Gluten Free)</i></p>	<p>Roasted Vegetable and Fennel seed Vegetarian Sausage Casserole <i>(Dairy Free)</i></p>	<p>Squash and Red Pepper Burgers with Chimichurri and Marinated Feta</p>
<p>Chocolate and Ricotta Cassata</p>	<p>Coconut Tart</p>	<p>Banana, Caramel and Toasted Nut Trifle <i>(Contains Nuts)</i></p>	<p>Eve's Pudding</p>	<p>Millionaires Shortbread</p>

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Lunch

Week three

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Coq-au-Vin with Mushrooms, Shallots and Fresh Herbs Creamy Mash Broccoli and Peas</p>	<p>Lamb, Apricot, Date and Pomegranate Tagine Cucumber and Roquette Salad <i>(Gluten and Dairy Free)</i> Lemon and Herb Cous Cous <i>(Dairy Free)</i></p>	<p>Slow-roast Pork with Coriander and Fennel Chimichurri Roast Potatoes Herb Carrots <i>(Gluten and Dairy Free)</i> Cauliflower and Cornish Yarg Gratin</p>	<p>Chinese Five-spice, Chilli, Lime, Coconut and Coriander Beef Brisket Ginger and Coriander Rice Green Vegetables <i>(Dairy Free, Contains Nuts)</i></p>	<p>Baked Haddock with Green Bean, Tomato, Roasted Red Onion and Fine Bean Salad Roasted New Potatoes Lemon Persillade <i>(Gluten And Dairy Free)</i></p>
<p>Roasted Pumpkin, Tomato and Pepper Goulash <i>(Gluten Free and Vegan)</i></p>	<p>Butternut Squash, Feta and Roquette Risotto <i>(Gluten Free)</i></p>	<p>Sweet Potatoes stuffed with Quinoa, Olives and Peppers Chimichurri <i>(Vegan And Gluten Free)</i></p>	<p>Leek and Flat Mushroom Macaroni Cheese with Tomato Caesar Salad</p>	<p>Quinoa, Sweet Potato and Black Bean Fritters with Lemon Persillade <i>(Gluten And Dairy Free)</i></p>
<p>Steamed Spiced Chocolate Pudding with Chocolate Sauce and Pouring Cream <i>(Contains Nuts)</i></p>	<p>Plum and Almond Clafoutis Tarts <i>(Contains Nuts)</i></p>	<p>Marmalade and Dried Cranberry Bread and Butter Pudding</p>	<p>Apricot and Almond Cake with Rosewater and Cardamom Honey Cream <i>(Gluten And Dairy Free, Contains Nuts)</i></p>	<p>Salted Caramel Pot de Crème <i>(Gluten Free)</i></p>

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Lunch

Week four

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Massaman Beef and Cashew Curry Rice Steamed Vegetables <i>(Gluten And Dairy Free)</i></p>	<p>Chipotle Chicken stew with White Beans and Herbs Herb Rice Green Vegetables <i>(Gluten And Dairy Free)</i></p>	<p>Butterflied, Spiced Leg of Lamb Dauphinoise Potatoes Savoy Cabbage and Fine Beans <i>(Gluten Free)</i></p>	<p>Local Sausages on Creamy Mash with Onion, Shallot and Rosemary Gravy Peas with Herb Butter</p>	<p>Homemade Salmon, Haddock and Prawn Fish Pie with Creamy Mash Top New Potatoes Green Vegetables</p>
<p>Pan-fried Sesame Tofu with Broccoli and Brown Rice <i>(Dairy Free)</i></p>	<p>Leek, Mushroom and Three Cheese Crepes</p>	<p>Chestnut, Spinach and Lentil Wellington with Stilton Sauce</p>	<p>Freekeh with Harissa Roasted Vegetables, Broad Beans and Saffron <i>(Dairy Free)</i></p>	<p>Courgette, Feta and Mint Filo Parcels with Roasted Tomato and Pepper Sauce</p>
<p>Rhubarb and Custard Traybake</p>	<p>Lemon and Passion Fruit Meringue Glasses <i>(Gluten Free)</i></p>	<p>Bakewell Tart with Clotted Cream</p>	<p>Chocolate Mousse Cake with Strawberry Cream <i>(Gluten Free)</i></p>	<p>Lemon and Poppyseed Cake with Lemon Icing and Berry Compote</p>

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Lunch

SALAD BAR 1+3

Monday	Tuesday	Wednesday	Thursday	Friday
Roquette and Baby Leaf Salad	Roquette and Baby Leaf Salad	Mixed Baby Leaves	Mixed Baby Leaves	Mixed Baby Leaves
Bulger Wheat, Kale and Seed Tabbouleh with Mint and Lemon Dressing <i>(Vegan)</i>	Bulger Wheat, Kale and Seed Tabbouleh with Mint and Lemon Dressing <i>(Vegan)</i>	Watermelon and Spinach Super Salad <i>(Vegan And Gluten Free)</i>	Watermelon and Spinach Super Salad <i>(Vegan And Gluten Free)</i>	Watermelon and Spinach Super Salad <i>(Vegan And Gluten Free)</i>
Beetroot, Carrot and Red Cabbage Coleslaw <i>(Gluten Free)</i>	Beetroot, Carrot and Red Cabbage Coleslaw <i>(Gluten Free)</i>	Rice Noodle, Papaya and Vegetable Salad with Chili Lime Vinaigrette <i>(Vegan And Gluten Free, Contains Nuts)</i>	Rice Noodle, Papaya and Vegetable Salad with Chili Lime Vinaigrette <i>(Vegan And Gluten Free, Contains Nuts)</i>	Rice Noodle, Papaya and Vegetable Salad with Chili Lime Vinaigrette <i>(Vegan And Gluten Free, Contains Nuts)</i>
Spiced Carrot, Pea and Potato Salad <i>(Gluten Free and Vegan)</i>	Spiced Carrot, Pea and Potato Salad <i>(Gluten Free and Vegan)</i>	Roasted Sweet Potato, Black Bean and Edamame Salad <i>(Vegan And Gluten Free)</i>	Roasted Sweet Potato, Black Bean and Edamame Salad <i>(Vegan And Gluten Free)</i>	Roasted Sweet Potato, Black Bean and Edamame Salad <i>(Vegan And Gluten Free)</i>
Roasted Vegetable, Tofu and Quinoa Salad <i>(Vegan And Gluten Free)</i>	Roasted Vegetable, Tofu and Quinoa Salad <i>(Vegan And Gluten Free)</i>	Fruity Coconut and Wild Rice Salad <i>(Vegan And Gluten Free, Contains Nuts)</i>	Fruity Coconut and Wild Rice Salad <i>(Vegan And Gluten Free, Contains Nuts)</i>	Fruity Coconut and Wild Rice Salad <i>(Vegan And Gluten Free, Contains Nuts)</i>
Spiced Squash and Feta Puffs Peppers stuffed with Brown Rice, Pomegranates, Dates and Toasted Coconut <i>(Gluten Free and Vegan)</i>	Mixed Bean and Chimichurri stuffed Sweet Potatoes <i>(Gluten Free and Vegan)</i> Vegetable Samosas with Mango Chutney <i>(Dairy Free)</i>	Broad Bean Falafels with Tahini <i>(Gluten free and Vegan)</i> Feta, Red Onion and Courgette Muffins <i>(Gluten Free)</i>	Potato, Yarg and Spinach Tart Tofu, Aubergine and Red Pepper Stacks <i>(Vegan And Gluten Free)</i>	Homemade Cheese and Poppysed Straws Quinoa and Spring Onion Cakes <i>(Gluten free and Vegan)</i>
Fruit Salad- Served in Restaurant	Fruit Salad- Served in Restaurant	Fruit Salad- Served in Restaurant	Fruit Salad- Served in Restaurant	Fruit Salad- Served in Restaurant

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lunch

SALAD BAR 2+4

Monday	Tuesday	Wednesday	Thursday	Friday
Mixed Baby Leaves	Mixed Baby Leaves	Roquette and Baby Leaf Salad	Roquette and Baby Leaf Salad	Roquette and Baby Leaf Salad
Crushed Carrots with Harissa and Pistachios <i>(Gluten Free. Contains Nuts)</i>	Crushed Carrots with Harissa and Pistachios <i>(Gluten Free. Contains Nuts)</i>	Tomato and Pepper Panzanella <i>(Dairy Free)</i>	Tomato and Pepper Panzanella <i>(Dairy Free)</i>	Tomato and Pepper Panzanella <i>(Dairy Free)</i>
Green Beans with Freekah and Tahini <i>(Dairy Free, Contains Nuts)</i>	Green Beans with Freekah and Tahini <i>(Dairy Free, Contains Nuts)</i>	Mushroom, Lentil and Lemon Salad <i>(Vegan And Gluten Free)</i>	Mushroom, Lentil and Lemon Salad <i>(Vegan And Gluten Free)</i>	Mushroom, Lentil and Lemon Salad <i>(Vegan And Gluten Free)</i>
Middle-eastern Linguine Salad	Middle-eastern Linguine Salad	Apple and Walnut Coleslaw <i>(Gluten Free, Contains Nuts)</i>	Apple and Walnut Coleslaw <i>(Gluten Free, Contains Nuts)</i>	Apple and Walnut Coleslaw <i>(Gluten Free, Contains Nuts)</i>
Roasted Autumn Vegetable Salad <i>(Vegan And Gluten Free)</i>	Roasted Autumn Vegetable Salad <i>(Vegan And Gluten Free)</i>	Quinoa, Fennel and Lime Salad <i>(Vegan And Gluten Free)</i>	Quinoa, Fennel and Lime Salad <i>(Vegan And Gluten Free)</i>	Quinoa, Fennel and Lime Salad <i>(Vegan And Gluten Free)</i>
Polenta Chips with Homemade Tomato and Chili Sauce <i>(Vegan And Gluten Free)</i> Stuffed Aubergine Vegetable Rolls <i>(Gluten Free and Vegan. Contains Nuts)</i>	Butternut Squash and Oregano Cheesecake Wild Rice stuffed Vine Leaves <i>(Vegan And Gluten Free)</i>	Free-form Courgette and Feta Pie Squash, Pepper and Red Onion Kebabs with Salsa Verde <i>(Vegan And Gluten Free)</i>	French Onion Tart Cucumber Discs with Tomatoes and Tapenade <i>(Vegan And Gluten Free)</i>	Fried Cauliflower with Mint and Tamarind Dipping Sauce <i>(Vegan And Gluten Free)</i> Quinoa Crust Potato and Rosemary Pizza <i>(Vegan and Gluten Free)</i>
Fruit Salad- Served in Restaurant	Fruit Salad- Served in Restaurant	Fruit Salad- Served in Restaurant	Fruit Salad- Served in Restaurant	Fruit Salad- Served in Restaurant

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