

Lunch

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Slow-cooked Vietnamese Beef Stew</p> <p>Egg-fried Rice with Coriander and Ginger</p> <p>Green Vegetables</p> <p><i>(Gluten and Dairy Free)</i></p>	<p>Chicken and Butter Beans in a Tomato, Courgette and Pepper Sauce with Gremolata and Fine Beans</p> <p><i>(Gluten and Dairy Free)</i></p>	<p>Sticky Roast Pork with Ginger and Plums</p> <p>Roast Potatoes</p> <p>Carrots with Honey and Parsley</p> <p>Broccoli</p> <p><i>(Gluten and Dairy Free)</i></p>	<p>Slow-roast Persian Lamb Shoulder</p> <p>Watercress, Cucumber and Endive Salad</p> <p><i>(Gluten and Dairy Free)</i></p> <p>Jewelled Cous-Cous</p> <p><i>(Dairy Free)</i></p>	<p>Battered Fish and Triple-cooked Chips with Homemade Tartare Sauce</p> <p>Lemon Wedges</p> <p><i>(Dairy Free)</i></p> <p>Pea Puree</p>
<p>Vegetarian Sausage, Roasted Roots and Butterbean Casserole with Sliced Potato and Sweet Potato Top</p> <p><i>(Dairy Free)</i></p>	<p>Pumpkin Risotto with Goats' Cheese and Dried Cranberries</p> <p><i>(Gluten Free)</i></p>	<p>Spinach and Three Cheese Tarts with Pepper Chutney</p>	<p>Stuffed Aubergines with Pomegranates, Kalamata Olives, Pumpkin Seeds and Parsley</p> <p><i>(Gluten and Dairy Free)</i></p> <p>Tahini, Garlic and Yoghurt Sauce</p> <p><i>(Gluten Free)</i></p>	<p>Panko Bread-crumbed Leek and Four Cheese Cakes with Sticky Balsamic Red Onions</p>
<p>Cashew Butter and Banana Blondies with Blueberry Cream</p> <p><i>(Contains Nuts)</i></p>	<p>Dark Chocolate and Salted Caramel Tarts</p>	<p>Blackberry, Toasted Coconut and Almond Cake</p> <p><i>(Gluten and Dairy Free, Contains Nuts)</i></p>	<p>Meringues with Fig, Honey and Pomegranate Cream</p> <p><i>(Gluten Free)</i></p>	<p>Cherry Bakewell Steamed Pudding</p> <p><i>(Contains Nuts)</i></p>

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dinner

Week One and three

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Thai Tuna Cakes Chinese Leaf and Mango Coleslaw Roast Sweet Potato Wedges <i>(Gluten Free)</i></p>	<p>Chili Beef Enchiladas Guacamole Tomato Salsa</p>	<p>Panko Breadcrumbs Chicken Burgers with Homemade Curried Ketchup Homemade Triple Cooked Chips Salad <i>(Dairy Free)</i></p>	<p>Shepherds Pie with cubed Swede, Potato and Kale Top Sweet-heart Cabbage <i>(Gluten and Dairy Free)</i></p>	<p>Local Sausages with Mash Peas with Mint and Thyme Butter</p>
<p>Fried Turmeric and Tamarind Cauliflower Wedges with Crushed Lentil and Tahini Sauce <i>(Vegan and Gluten Free)</i></p>	<p>Black Bean and Courgette Enchiladas</p>	<p>Pan-fried Gnocchi with Pesto, Peas and Pine Nuts <i>(Contains Nuts)</i></p>	<p>Courgette, Borlotti Bean and Shallot Shepherdess Pie <i>(Gluten Free)</i></p>	<p>Vegetarian Sausages with Roasted Vegetable Tomato Sauce</p>
<p>Crème Brule <i>(Gluten Free)</i></p>	<p>Banoffee Meringues <i>(Gluten Free)</i></p>	<p>Caramel and Cranberry Brownies with Cream <i>(Gluten Free)</i></p>	<p>Raspberry Streusel Bars <i>(Contains Nuts)</i></p>	<p>Tarte Belle Helene with Vanilla Cream <i>(Contains Nuts)</i></p>

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Lunch

Week two

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Dijon Mustard and Mushroom Chicken Herb Rice Savoy Cabbage</p>	<p>Lamb and Onion Hotpot with Sliced Potato and Swede Top Peas with Shallots and Parsley <i>(Gluten and Dairy Free)</i></p>	<p>Roast Topside of Beef Homemade Gravy Roast New Potatoes, Carrots and Parsnips Fine Beans <i>(Gluten and Dairy Free)</i> Yorkshire Puddings</p>	<p>Roast Lemon and Honey Chicken on Baked Saffron, Lemon and Herb Rice Green Bean, Hazelnut and Endive Salad <i>(Gluten and Dairy Free, Contains Nuts)</i></p>	<p>Smoked Haddock on White Wine, Pea and Parmesan Risotto Roquette Salad <i>(Gluten Free)</i></p>
<p>Chestnut and Portobello Mushroom Bourguignon with Shallots and Fresh Herbs <i>(Vegan and Gluten Free)</i></p>	<p>Chipotle, Black Bean and Red Pepper Chilli Herb Rice <i>(Vegan and Gluten Free)</i></p>	<p>Lentil, Ricotta and Spinach Filo Parcel with a Tomato and Paprika Sauce</p>	<p>Tomato, Roasted Red Onion and Red Pepper Goulash with Herby Dumplings <i>(Dairy Free)</i></p>	<p>Mushroom Kale and Cauliflower Pasta Bake</p>
<p>Crème Caramel <i>(Gluten Free)</i></p>	<p>Spiced Ginger Cake with Lemon and Honey Cream</p>	<p>Rice Pudding with Stewed Winter Fruit <i>(Gluten Free)</i></p>	<p>Salted Caramel, Raspberry and Toasted Almond Meringues <i>(Gluten Free, Contains Nuts)</i></p>	<p>Chocolate Pecan Pie <i>(Contains Nuts)</i></p>

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dinner

Week two and four

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Barbecue Baby Ribs with Chimichurri Baked Potatoes Sesame and Red Cabbage Coleslaw <i>(Gluten and Dairy Free)</i></p>	<p>Salmon, Cream Cheese and Spinach Pithiviers Roast New Potatoes Green Vegetables</p>	<p>Chorizo, Pork Belly and Chickpea Casserole with Salsa Verde and Crushed Potatoes <i>(Gluten and Dairy Free)</i></p>	<p>Spiced Lamb and Pea Filo Pie with Carrot and Cabbage Salad</p>	<p>Chicken Korma Lemon Rice Naan Bread <i>(Gluten and Dairy Free, Contains Nuts)</i></p>
<p>Butterbean, Quinoa and Carrot Cakes <i>(Vegan and Gluten Free)</i></p>	<p>Tomato, Mozzarella and Basil en croute with Tomato and Basil Sauce</p>	<p>Spinach, Nutmeg, Mozzarella and Parmesan Cannelloni</p>	<p>Tomato, Oregano and Feta Filo Pie</p>	<p>Fried Okra and Butternut Squash Curry <i>(Vegan and Gluten Free)</i></p>
<p>Sticky Banana Pudding with Sticky Toffee Sauce and Cream</p>	<p>Chocolate Bread and Butter Pudding</p>	<p>Lemon Drizzle Cake with Berry Cream</p>	<p>Orange and Pomegranate Posset <i>(Gluten Free)</i></p>	<p>Caramel Mousse <i>(Gluten Free)</i></p>

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Lunch

Week three

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Beef Bourguignon Green Vegetables <i>(Gluten and Dairy Free)</i> Creamy Mash <i>(Gluten Free)</i></p>	<p>Chicken and Mushroom Pie with Mushroom and Leek Sauce Creamy Mash Green Vegetables</p>	<p>Herb-studded Roast Leg of Lamb with Roasted Ratatouille Roast Potatoes with Rosemary Savoy and Cavolo Nero <i>(Gluten and Dairy Free)</i></p>	<p>Turkey Scallopini with Lemons, Capers and Parsley <i>(Gluten and Dairy Free)</i> Baked Gnocchi with Tomatoes, Peppers and Mozzarella Green Bean Salad</p>	<p>Spinach, Pine Nut, Parmesan and Salmon Wellington with Curried Sweet Potato and Spinach Sauce Sauté Potatoes Peas with Herb Butter <i>(Contains Nuts)</i></p>
<p>Pearl Barley, Root Vegetable and Borlotti Bean Hotpot with Sliced Potatoes <i>(Vegan)</i></p>	<p>Parsnip and Jerusalem Artichoke Gratin with Spinach, Basil and Walnut Pesto <i>(Gluten Free. Contains Nuts)</i></p>	<p>Mushroom, Camembert and Spinach Wellington with Butternut Squash Sauce</p>	<p>Pumpkin, Squash and Lentil Lasagne</p>	<p>Sweet Potato, Apple and Beetroot Rosti with Caramelised Goats' Cheese <i>(Gluten Free)</i></p>
<p>Cardamom and Ginger Carrot Cake with Toffee Cream <i>(Contains Nuts)</i></p>	<p>New York Cheesecake with Brownie Base <i>(Gluten Free)</i></p>	<p>Fresh Fruit Crème Patisserie Tarts</p>	<p>Blueberry and Vanilla Trifle</p>	<p>Chocolate, Caramel and Shortcake Slice</p>

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Lunch

Week four

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lamb Pastitsio (Lamb and Macaroni Bake) Kos Lettuce, Tomato, Feta and Olive Salad</p>	<p>Slow-cooked Sweet and Sour Pork Rice Steamed Green Vegetables <i>(Gluten and Dairy Free)</i></p>	<p>Roast Chicken Tray-bake with Carrots, Parsnips, Red Onions, Chorizo and Jerusalem Artichokes Herb Gravy Roast New Potatoes Peas with Mint <i>(Gluten and Dairy Free)</i></p>	<p>Beef Meatballs with Lemon and Broad Beans Orzo Pasta with Herb Oil Roquette and Cherry Tomato Salad <i>(Dairy Free)</i></p>	<p>Baked Cod with Tomatoes, Olive and Capers Green Beans with Shallot and Hazelnut Butter New Potatoes with Mint and Spring Onions <i>(Gluten Free. Contains Nuts)</i></p>
<p>Roasted Squash, Aubergine and Tomato Moussaka</p>	<p>Ma Po Tofu with Spring Onions and Coriander <i>(Dairy Free)</i></p>	<p>Goats' Cheese, Sun-dried Tomato and Sweet Potato Tarte Tatin with Herb Gremolata <i>(Dairy Free)</i></p>	<p>Butternut Squash, Sage and Mozzarella Risotto Cakes Cherry Tomato and Oregano Sauce <i>(Gluten Free)</i></p>	<p>Halloumi, Cherry Tomato and Basil Stuffed Mushrooms with Basil and Pine Nut Salsa <i>(Gluten Free. Contains Nuts)</i></p>
<p>Lemon and Raspberry Polenta Cake <i>(Gluten and Dairy Free)</i> Yoghurt Cream</p>	<p>Mango, Passion Fruit and Lime Mousse <i>(Gluten Free)</i></p>	<p>Chocolate and Caramel Custard Tart</p>	<p>Tiramisu</p>	<p>Cherry and Spiced Black Pepper Torte with Ginger and Honey Cream</p>

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Lunch

SALAD BAR 1+3

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Roquette and Baby Leaf Salad <i>(Vegan and Gluten Free)</i></p>	<p>Roquette and Baby Leaf Salad <i>(Vegan and Gluten Free)</i></p>	<p>Mixed Baby Leaves <i>(Vegan and Gluten Free)</i></p>	<p>Mixed Baby Leaves <i>(Vegan and Gluten Free)</i></p>	<p>Mixed Baby Leaves <i>(Vegan and Gluten Free)</i></p>
<p>Squash, Pomegranate, Goats' Cheese and Spinach Salad <i>(Gluten Free)</i></p>	<p>Squash, Pomegranate, Goats' Cheese and Spinach Salad <i>(Gluten Free)</i></p>	<p>Turkish-style Couscous <i>(Vegan)</i></p>	<p>Turkish-style Couscous <i>(Vegan)</i></p>	<p>Turkish-style Couscous <i>(Vegan)</i></p>
<p>Moroccan Carrot, Orange and Coriander Salad <i>(Vegan and Gluten Free)</i></p>	<p>Moroccan Carrot, Orange and Coriander Salad <i>(Vegan and Gluten Free)</i></p>	<p>Cucumber Salad with Capers, Lemon and Cornichons <i>(Vegan and Gluten Free)</i></p>	<p>Cucumber Salad with Capers, Lemon and Cornichons <i>(Vegan and Gluten Free)</i></p>	<p>Cucumber Salad with Capers, Lemon and Cornichons <i>(Vegan and Gluten Free)</i></p>
<p>Potato Salad with Red Onions, Feta, Lemon Juice and Olive Oil <i>(Gluten Free)</i></p>	<p>Potato Salad with Red Onions, Feta, Lemon Juice and Olive Oil <i>(Gluten Free)</i></p>	<p>Watercress, Roasted Pear, Blueberry and Toasted Almond Salad <i>(Vegan and Gluten Free. Contains Nuts)</i></p>	<p>Watercress, Roasted Pear, Blueberry and Toasted Almond Salad <i>(Vegan and Gluten Free. Contains Nuts)</i></p>	<p>Watercress, Roasted Pear, Blueberry and Toasted Almond Salad <i>(Vegan and Gluten Free. Contains Nuts)</i></p>
<p>Paprika, Lentil, Sriracha and Miso Mayonnaise Salad <i>(Gluten and Dairy Free)</i></p>	<p>Paprika, Lentil, Sriracha and Miso Mayonnaise Salad <i>(Gluten and Dairy Free)</i></p>	<p>Lemon and Garlic Orzo with Roasted Vegetables and Pine Nuts <i>(Dairy Free)</i></p>	<p>Lemon and Garlic Orzo with Roasted Vegetables and Pine Nuts <i>(Dairy Free)</i></p>	<p>Lemon and Garlic Orzo with Roasted Vegetables and Pine Nuts <i>(Dairy Free)</i></p>
<p>Mexican Quinoa Stuffed Peppers <i>(Vegan and Gluten Free)</i> Tandoori Cauliflower wedges with Homemade Tomato Pickle <i>(Vegan and Gluten Free)</i></p>	<p>Borekitas (Cheese and Spring Onion Pastries) Quinoa crusted Jerk Tofu with Coconut Dipping Sauce <i>(Vegan and Gluten Free)</i></p>	<p>Broccoli and Blue Cheese Tart Onion Bhajis with Mango Chutney <i>(Gluten and Dairy Free)</i></p>	<p>Homemade Mushroom Sausage Rolls Avocado stuffed with Homemade Mango Salsa <i>(Vegan and Gluten Free)</i></p>	<p>Tortilla <i>(Gluten and Dairy Free)</i> Onion, Olive and Tomato Puff Pastry Tarts <i>(Vegan)</i></p>
<p>Fruit Salad- Served in Restaurant</p>	<p>Fruit Salad- Served in Restaurant</p>	<p>Fruit Salad- Served in Restaurant</p>	<p>Fruit Salad- Served in Restaurant</p>	<p>Fruit Salad- Served in Restaurant</p>

Lunch

SALAD BAR 2+4

Monday	Tuesday	Wednesday	Thursday	Friday
Mixed Baby Leaves <i>(Vegan and Gluten Free)</i>	Mixed Baby Leaves <i>(Vegan and Gluten Free)</i>	Roquette and Baby Leaf Salad <i>(Vegan and Gluten Free)</i>	Roquette and Baby Leaf Salad <i>(Vegan and Gluten Free)</i>	Roquette and Baby Leaf Salad <i>(Vegan and Gluten Free)</i>
Sweet Chili Noodle Salad with Crunchy Vegetables and Spring Onions <i>(Dairy Free)</i>	Sweet Chili Noodle Salad with Crunchy Vegetables and Spring Onions <i>(Dairy Free)</i>	Wild Rice Salad with Pomegranates, Nuts and Fresh Herbs <i>(Vegan and Gluten Free. Contains Nuts)</i>	Wild Rice Salad with Pomegranates, Nuts and Fresh Herbs <i>(Vegan and Gluten Free. Contains Nuts)</i>	Wild Rice Salad with Pomegranates, Nuts and Fresh Herbs <i>(Vegan and Gluten Free. Contains Nuts)</i>
Roasted Beets with Sherry Vinegar and Freekah <i>(Dairy Free)</i>	Roasted Beets with Sherry Vinegar and Freekah <i>(Dairy Free)</i>	Red Cabbage, Apple, Greek Yoghurt and Parsley Salad <i>(Gluten Free)</i>	Red Cabbage, Apple, Greek Yoghurt and Parsley Salad <i>(Gluten Free)</i>	Red Cabbage, Apple, Greek Yoghurt and Parsley Salad <i>(Gluten Free)</i>
Parsley, Lemon and Butterbean Salad with Toasted Quinoa <i>(Vegan and Gluten Free)</i>	Parsley, Lemon and Butterbean Salad with Toasted Quinoa <i>(Vegan and Gluten Free)</i>	Roasted Mediterranean Vegetable Salad with Pickled Artichokes and Sweet Peppers <i>(Vegan and Gluten Free)</i>	Roasted Mediterranean Vegetable Salad with Pickled Artichokes and Sweet Peppers <i>(Vegan and Gluten Free)</i>	Roasted Mediterranean Vegetable Salad with Pickled Artichokes and Sweet Peppers <i>(Vegan and Gluten Free)</i>
Boiled Egg, Tomato and Herb Crouton Salad <i>(Dairy Free)</i>	Boiled Egg, Tomato and Herb Crouton Salad <i>(Dairy Free)</i>	Blue Cheese, Toasted Apple and Spinach Pasta Salad	Blue Cheese, Toasted Apple and Spinach Pasta Salad	Blue Cheese, Toasted Apple and Spinach Pasta Salad
Frittata di Pasta Cauliflower Coconut Bites with Sweet Chili Sauce <i>(Vegan and Gluten Free)</i>	Mozzarella Polenta Wedges with Tomato Sauce <i>(Gluten Free)</i> Roquette Pesto Monkey Bread <i>(Contains Nuts)</i>	Spring Rolls <i>(Vegan)</i> with Chili Sauce Pan-fried Tofu Slices with Homemade Pepper Salsa <i>(Vegan and Gluten Free)</i>	Quinoa and Tofu Stuffed Peppers <i>(Vegan and Gluten Free)</i> Caramelised Onion and Gruyere Puff Pastry Tarts	Asparagus and Cherry Tomato stuffed New Potatoes <i>(Vegan and Gluten Free)</i> Mushroom and Mascarpone Tart
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