

Lunch

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pork with Mushrooms, Paprika and Sour Cream Crushed Potatoes Baby Leaf, Asparagus and Pickled Cucumber Salad <i>(Gluten Free)</i></p>	<p>Merguez Sausage and Mixed Bean Casserole Green and Purple Cabbage with Shallots and Toasted Seeds <i>(Dairy Free)</i></p>	<p>Roast Beef with Olive and Herb Gremolata and Roasted Tomato Sauce Roast New Potatoes Green Beans and Peas <i>(Gluten and Dairy Free)</i></p>	<p>Chicken with Creamy Red Pepper and Tomato Sauce Creamy Mash Green Vegetables <i>(Gluten Free)</i></p>	<p>Fish and Chips Lemon Wedges Pea, Mint and Courgette Salad Homemade Tartare Sauce</p>
<p>Spring Vegetable, Ricotta and Parmesan Risotto <i>(Gluten Free)</i></p>	<p>Sweet Potato and Dried Fruit Tagine with Greek Yoghurt and Fresh Coriander <i>(Gluten Free)</i></p>	<p><i>Beetroot and Shallot Tatin with Garlic and Lemon Gremolata</i> <i>(Vegan)</i></p>	<p>Ricotta and Parmesan Polenta and Roasted Vegetable Towers with Herb Tapenade <i>(Gluten Free)</i></p>	<p>Battered Cauliflower Steaks with Romesco Sauce <i>(Dairy Free. Contains Nuts)</i></p>
<p>Carrot and Walnut Cake with Coconut Frosting <i>(Gluten and Dairy Free. Contains Nuts)</i></p>	<p>Lemon Tart with Cream and Berries</p>	<p>Chocolate Fudge Tart with Raspberry Cream</p>	<p>Lemon Posset with Ginger Nut Biscuits and Blueberries</p>	<p>Triple Chocolate Brownies with Soft-whipped Yoghurt Cream <i>(Gluten Free)</i></p>

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dinner

Week One and three

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fish Tacos with Sriracha Mayo Butterbean and Avocado Salsa Salad</p>	<p>Homemade Pork and Beef Meatballs in Roasted Tomato Sauce with Tagliatelle and Salad <i>(Dairy Free)</i></p>	<p>Chicken Risotto Primavera <i>(Gluten Free)</i></p>	<p>Lamb and Harissa Burgers with Tzatziki Spiced Potato Wedges</p>	<p>Coronation Chicken and Broccoli Bake Basmati Rice Tomato, Cucumber, Red Onion and Roquette Salad</p>
<p>Black Bean and Courgette Enchiladas with Avocado and Plum Tomato Salsa</p>	<p>Roasted Vegetable Cassoulet with Thyme and Olive Oil Breadcrumbs Roasted New Potatoes <i>(Dairy Free)</i></p>	<p>Puttanesca Orzotto with Olives, Tomatoes, Garlic and Herbs <i>(Dairy Free)</i></p>	<p>Roasted Red Pepper and Halloumi Burgers</p>	<p>Individual Onion and Three Cheese Tarts with Homemade Tomato Pickle</p>
<p>Orange Curd Meringue Roulade <i>(Gluten Free)</i></p>	<p>Banana, Toasted Nut and Chocolate Trifles <i>(Contains Nuts)</i></p>	<p>Coffee Crème Brule <i>(Gluten Free)</i></p>	<p>Sticky Lemon and Polenta Cake <i>(Gluten Free)</i></p>	<p>Muscavado Tart with Mascarpone Yoghurt Cream</p>

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Lunch

Week two

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Black Bean and Diced Steak Chilli Rice Homemade Guacamole Sour Cream <i>(Gluten Free)</i></p>	<p>Chicken, Bean and Freekah Summer Stew with New Potatoes and Peas with Mint and Olive Oil <i>(Dairy Free)</i></p>	<p>Maple and Ginger Glazed Roast Pork Steamed Greens Roasted Apple and Pear Sauce <i>(Gluten and Dairy Free)</i> Herb and Parmesan Roast Potatoes <i>(Gluten Free)</i></p>	<p>Persian Lamb Meatballs Bulgher Wheat with Olive Oil, Cucumbers and Tomatoes Pea, Green Bean and Mint Salad <i>(Dairy Free)</i></p>	<p>Homemade Fishcakes with Lemon Crème Fraiche and Tomato Caesar Salad</p>
<p>Roasted Butternut Squash, Pepper and Halloumi Skewers with Fresh Persillade <i>(Gluten Free)</i></p>	<p>Spinach, Feta and Nutmeg Cannelloni</p>	<p>Courgette, Carrot and Quinoa Vegetable Cakes with Spiced Tomato Compote <i>(Vegan and Gluten Free)</i></p>	<p>Baked Aubergines stuffed with Mozzarella, Oregano, Olives and Tomatoes <i>(Gluten Free)</i></p>	<p>Pumpkin and Feta Risotto Cakes with Pepper Sauce <i>(Gluten Free)</i></p>
<p>Rosewater and Pistachio Meringues with Baked Figs and Pomegranate Cream <i>(Gluten Free. Contains Nuts)</i></p>	<p>Blackberry and Lemon Fool <i>(Gluten Free)</i> Home-baked Biscuits</p>	<p>Marmalade and Brown Bread Pudding with Orange Cream</p>	<p>Apple and Plum Crumble Tarts with Vanilla Cream</p>	<p>Blueberry Tart with Icing Sugar and Cream</p>

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dinner

Week two and four

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Seafood Paella with Broad Beans, Peas and Peppers <i>(Gluten and Dairy Free)</i></p>	<p>Slow-cooked Beef Ragu Cannelloni Garlic Ciabatta Salad</p>	<p>Smoked Bacon, Mushroom and Three Cheese Potato Gratin Roquette with Cucumbers, Peas and Mint <i>(Gluten Free)</i></p>	<p>Southern Fried Chicken Homemade Coleslaw Baked Potatoes Tomato and Cucumber Salad</p>	<p>Keema Lamb Curry with Greek Yoghurt and Fresh Coriander Basmati Rice <i>(Gluten Free)</i></p>
<p>Mushroom and Red Onion Tartiflette with Dressed Green Salad <i>(Gluten Free)</i></p>	<p>Roasted Vegetable, Lentil and Quinoa Chilli with Chopped Coriander Rice <i>(Gluten and Dairy Free)</i> Sour Cream</p>	<p>Cauliflower and Leek Macaroni Cheese</p>	<p>Roasted Vegetable and Halloumi Kebabs with Herb Salsa <i>(Gluten Free)</i></p>	<p>Aubergine Katsu Curry with Sticky Rice and Pickled Radishes</p>
<p>Crème Caramel <i>(Gluten Free)</i></p>	<p>Mixed Berry Eton Mess <i>(Gluten Free)</i></p>	<p>Individual Tiramisu</p>	<p>Chocolate Banoffee Pie</p>	<p>Mango and Yoghurt Mousse <i>(Gluten Free)</i></p>

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Lunch

Week three

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Crispy Parmesan Chicken on Tomato, Bean and Lentil Sauce Peas and Fine Beans <i>(Gluten Free)</i></p>	<p>Beef, Red Wine and Baby Onion Casserole on Herb and Goats' Cheese Polenta Green Vegetables <i>(Gluten Free)</i></p>	<p>Slow-cooked Lamb Shoulder with Olive Oil and Herbs Spiced Tomato Pickle Roasted New Potatoes with Olive Oil and Rosemary <i>(Gluten and Dairy Free)</i> Cauliflower Gratin</p>	<p>Chicken, Lemon, Potato and Parsley Tray-bake Broccoli with Almonds and Pumpkin Seeds <i>(Gluten and Dairy Free)</i></p>	<p>Grilled Salmon with Avocado and Tomato Salsa Sauté Potatoes Pickled Red Cabbage, Pine Nut and Shredded Green Salad with Spiced Honey Dressing <i>(Gluten and Dairy Free)</i></p>
<p>Coconut, Kale and Chickpea Curry Basmati Rice Poppadum <i>(Gluten Free and Vegan)</i></p>	<p>Portobello Mushroom, Shallot and Red Pepper Stroganoff</p>	<p>Gruyere and Tomato Dauphinoise with Cherry Tomato and Basil Sauce <i>(Gluten Free)</i></p>	<p>Aubergine, Courgette and Beef Tomato Parmigiana <i>(Gluten Free)</i></p>	<p>Asparagus and Goats' Curd Frittata with Sun-blushed Tomato Sauce <i>(Gluten Free)</i></p>
<p>Velvet Chocolate Torte</p>	<p>Salted Caramel and Vanilla Baked Cheesecake</p>	<p>Sticky Toffee Pudding with Sticky Toffee Sauce and Cream</p>	<p>Lemon, Blueberry and Fresh Custard Trifle</p>	<p>Pear and Almond Frangipane Tart <i>(Contains Nuts)</i></p>

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Lunch

Week four

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sweet Potato, Coconut, Chicken and Cauliflower Curry Basmati Rice <i>(Gluten and Dairy Free)</i> Naan Bread</p>	<p>Lamb and Mediterranean Vegetable Casserole finished with Capers and Parsley Brown Rice with Green Vegetables and Pomegranates <i>(Gluten and Dairy Free)</i></p>	<p>Roast Chicken with Chorizo Cornbread Stuffing Pan Gravy Roast Potatoes Green Beans and Carrots with Olive Oil and Shallots</p>	<p>Slow-cooked Mongolian Beef Egg-fried Rice Steamed Pak Chou <i>(Gluten and Dairy Free)</i></p>	<p>Baked Cod with Fennel, Red Onions and Balsamic Tomatoes New Potatoes Dressed Mixed Salad <i>(Gluten and Dairy Free)</i></p>
<p>Homemade Moussaka Feta, Cucumber and Tomato Salad Roasted New Potatoes</p>	<p>Basil, Garlic and Plum Tomato Stuffed Peppers with Herb Oil <i>(Gluten Free and Vegan)</i></p>	<p>Roasted Pepper and Goat's Cheese Tart with Spinach Sauce</p>	<p>Panko Breadcrumbs Tofu with Lime and Ginger Soy, Honey and Sesame Sauce <i>(Dairy Free)</i></p>	<p>Spinach, Feta and Pine Nut Pannier with Roasted Vegetable Ratatouille</p>
<p>Clementine and Lemon Cake with Honey Cream <i>(Gluten and Dairy Free. Contains Nuts)</i></p>	<p>Baked Chocolate Tarts with Raspberry Cream</p>	<p>Apple, Marzipan and Cherry Crumble with Yoghurt and Vanilla Cream <i>(Contains Nuts)</i></p>	<p>Rhubarb and Ginger Syllabub <i>(Gluten Free)</i></p>	<p>Individual Mango and Raspberry Pavlovas <i>(Gluten Free)</i></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
Coronation Rice Salad <i>(Gluten and Dairy Free. Contains Nuts)</i>	Coronation Rice Salad <i>(Gluten and Dairy Free. Contains Nuts)</i>	Spiced Kidney Bean, Herb and Lemon Salad <i>(Gluten and Dairy Free)</i>	Spiced Kidney Bean, Herb and Lemon Salad <i>(Gluten and Dairy Free)</i>	Spiced Kidney Bean, Herb and Lemon Salad <i>(Gluten and Dairy Free)</i>
Roasted Apple Waldorf Salad <i>(Gluten Free. Contains Nuts)</i>	Roasted Apple Waldorf Salad <i>(Gluten Free. Contains Nuts)</i>	Beetroot, Roasted Carrot and Spinach Salad with Honey and Rapeseed Dressing <i>(Gluten Free and Vegan)</i>	Beetroot, Roasted Carrot and Spinach Salad with Honey and Rapeseed Dressing <i>(Gluten Free and Vegan)</i>	Beetroot, Roasted Carrot and Spinach Salad with Honey and Rapeseed Dressing <i>(Gluten Free and Vegan)</i>
Roasted Tomatoes with Marinated Roasted Peppers <i>(Gluten Free and Vegan)</i>	Roasted Tomatoes with Marinated Roasted Peppers <i>(Gluten Free and Vegan)</i>	Avocado, Giant Cous Cous, Olive and Tomato Salad <i>(Vegan)</i>	Avocado, Giant Cous Cous, Olive and Tomato Salad <i>(Vegan)</i>	Avocado, Giant Cous Cous, Olive and Tomato Salad <i>(Vegan)</i>
Pomegranate, Spring Onion and Pistachio Freekah Salad <i>(Contains Nuts. Dairy Free)</i>	Pomegranate, Spring Onion and Pistachio Freekah Salad <i>(Contains Nuts. Dairy Free)</i>	Hot and Fruity Caribbean Coleslaw <i>(Gluten Free)</i>	Hot and Fruity Caribbean Coleslaw <i>(Gluten Free)</i>	Hot and Fruity Caribbean Coleslaw <i>(Gluten Free)</i>
Panko Breadcrumbed Goats' Cheese with Onion Chutney Roasted Onion, Basil and Sun-blushed Tomato Stuffed Pepper <i>(Gluten Free and Vegan)</i>	Harissa Falafel <i>(Gluten Free and Vegan)</i> Home-baked Sping Onion, Sour Cream and Nigella Seed Wheel <i>(Dairy Free)</i>	Mushroom, Chive and Sour Cream Stuffed Potatoes <i>(Gluten Free)</i> Rainbow Nori Rolls <i>(Vegan and Gluten Free)</i>	Spinach and Vegetable Pakoras <i>(Vegan)</i> Mango Chutney Spring Green, Asparagus and Feta Tart	Sesame and Ginger Tofu <i>(Vegan)</i> Spinach, Pear and Blue Cheese Empanadas
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

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
Lentil, Red Cabbage and Greek Yoghurt Coleslaw <i>(Gluten Free)</i>	Lentil, Red Cabbage and Greek Yoghurt Coleslaw <i>(Gluten Free)</i>	Sticky Rice, Pickled Cabbage, Avocado and Miso Mushroom Salad <i>(Vegan and Gluten Free)</i>	Sticky Rice, Pickled Cabbage, Avocado and Miso Mushroom Salad <i>(Vegan and Gluten Free)</i>	Sticky Rice, Pickled Cabbage, Avocado and Miso Mushroom Salad <i>(Vegan and Gluten Free)</i>
Tofu and Edamame Salad with Asian Dressing <i>(Vegan)</i>	Tofu and Edamame Salad with Asian Dressing <i>(Vegan)</i>	Cranberry and Pecan Cous Cous Salad with Honey and Orange Dressing <i>(Dairy Free. Contains Nuts)</i>	Cranberry and Pecan Cous Cous Salad with Honey and Orange Dressing <i>(Dairy Free. Contains Nuts)</i>	Cranberry and Pecan Cous Cous Salad with Honey and Orange Dressing <i>(Dairy Free. Contains Nuts)</i>
Farro, Roasted Vegetable and Cauliflower Salad <i>(Vegan)</i>	Farro, Roasted Vegetable and Cauliflower Salad <i>(Vegan)</i>	Curried Potato Salad with Boiled Eggs and Mint <i>(Gluten Free)</i>	Curried Potato Salad with Boiled Eggs and Mint <i>(Gluten Free)</i>	Curried Potato Salad with Boiled Eggs and Mint <i>(Gluten Free)</i>
Pea, Courgette, Cucumber, Spelt and Mint Salad with Crumbled Goats' Cheese	Pea, Courgette, Cucumber, Spelt and Mint Salad with Crumbled Goats' Cheese	Buckwheat Soba Noodle, Cabbage and Sesame Salad <i>(Dairy Free)</i>	Buckwheat Soba Noodle, Cabbage and Sesame Salad <i>(Dairy Free)</i>	Buckwheat Soba Noodle, Cabbage and Sesame Salad <i>(Dairy Free)</i>
Avocados stuffed with Tomato, Pepper and Paprika Salsa <i>(Gluten Free and Vegan)</i> Courgette and Parmesan Tarts	Wholemeal Baskets filled with Roasted Vegetables and Mozzarella Flat Mushrooms stuffed with Nuts and Spinach <i>(Gluten Free and Vegan. Contains Nuts)</i>	Home-baked Chimichurri Rosso Swirls Sticky, Spicy Sesame Cauliflower with Homemade Hummus <i>(Vegan and Gluten Free)</i>	Pea, Mint and Ricotta Frittata <i>(Gluten Free)</i> Spring Rolls <i>(Vegan)</i> Sweet Chilli Sauce	Roasted Sweet Potato and Pepper Farinata <i>(Gluten Free and Vegan)</i> Olive and Parmesan Cheese Straws
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