

week one *Spring*

Lunch MENU

Monday

Soup

Leek, Ham and Potato Broth

Bread of the Day

Cheesy French Sticks

Main Event

Minced Beef and Red Bean Chilli Taco with Mozzarella, Sour Cream and Guacamole

Meat Free (v)

Avocado, Basil and Sundried Tomato Barley Risotto

And to go with

Oven Baked Cracked Pepper Wedges
Courgettes in Tomato Sauce
Sauté Cajun Mushrooms

Re Energise

Smoked Pancetta, Cheddar and Pea Spaghetti

Big Bowl Salads

Chicken, Red Apple, Honey and Grain Mustard

Basil Pesto, Tomato and Olive Pasta

Puddings

Chocolate Ganache Brownie with Caramel Sauce

Tuesday

Soup

Tomato, Basil and Pasta Broth

Bread of the Day

Roast Onion and Poppy Seed Bagel

Main Event

Slow Braised Steak and Onion Pie with Short Pastry Crust

Meat Free (v)

Haloumi, Baba Ganoush And Pomegranate Cous Cous

And to go with

Mashed Potato
Steamed Carrots
Sautéed Shredded Sprouts

Re Energise

Pumpkin, Mushroom and Crispy Bacon Macaroni

Big Bowl salads

Egg, Prawn and Red Pepper Mayo

Cajun Mushroom, Pimento and Sour Cream

Puddings

Toffee and Apple Cheesecake Pots

Re Energise

Seafood, Tomato and Olive Farfalle

Big Bowl Salads

Pumpkin, Beetroot, Broccoli and Sunflower Seed

Red Pepper Humus with Tortilla Crisps

Puddings

Ruby Red Plum Oat Crumble and Custard

Wednesday

Soup

Carrot, Red Lentil and Coriander

Bread of the Day

Plaited Curry Bread

Main Event

Roast Chicken Breast with BBQ Sauce, Pork Chipolatas, Yorkshire Pudding and Lemon Thyme and Onion Stuffing

Meat Free (v)

Broccoli, Spinach, Mushroom and Parmesan Shepard's Pie

And to Go With

Thyme Roast Potatoes
Steamed French Beans
Cauliflower Cheese

THURSDAY

Soup

Mushroom Goulash Soup

Bread of the Day

Oat and Flax Seed Granary Bread

Main Event

Sweet and Sour Pork Stir Fry With Fresh Pineapple, Mixed Peppers and Onions

Meat Free (v)

Asian Tofu, Vegetable and Noodle Broth with Optional Prawn Crackers

And to go with

Coriander Egg Noodles
Sugar Snap Peas
Mushroom Bean Sprouts

Re Energise

Creamy Cajun Chicken Penne

Big Bowl Salads

Chunky Cucumber and Mint Raita

Pea, Broad Bean, Bacon and Feta

Puddings

Banoffee Mini Pots

AVAILABLE DAILY

*Toasted Panini
Jacket potato
Homemade cakes
Sandwiches and baguettes
Freshly made salads
Smoothies
Yoghurt
Fresh fruit*

Friday

Soup

Spanish Tomato, Pepper and Chorizo Broth

Bread of the Day

Spinach and Feta Soda Bread

Main Event

MSC Cod Fish Fingers or Crispy Scampi with Homemade Tartar Sauce and Lemon Wedge

Meat Free (v)

Falafel Burger with Mixed Salad and Hummus in a Brioche Bap

And to go with

Low Fat Fries, Parsley New Potatoes, Minted Garden Peas
Grilled Herby Tomatoes

Re Energise

Goats Cheese, Broccoli and Roast Onion Fusilli

Big Bowl Salads

Smoked Chicken, Grape, Cherry Tomato and Orange

Avocado, Black Olive, Red Onion and Tomato

Puddings

Jam Roly Poly and Custard

our awards!



Lunch MENU

Monday

Soup

Thai Cabbage, Noodle and Edamame Bean

Bread of the Day

Mozzarella and Oregano Pizza Bread

Main Event

Slow Cooked Beef Stroganoff with Paprika, Mushrooms Onion and Cream

Meat Free (v)

Aubergine, Chickpea and Goats Cheese Moussaka With Crisp Greek Salad

And to go with

Turmeric infused Rice
Steamed Broccoli
Roast Butternut Squash

Re Energise

Red Pesto, Smoked Chicken and Olive Penne

Big Bowl Salads

Haloumi, Pear and Red Onion

Potato, Black Olive, Dill and Lemon

Puddings

Croissant Bread and Butter Pudding

Wednesday

Soup

Yellow Pea, Swede and Smoked Bacon

Bread of the Day

Sunflower Seed and Honey Baguettes

Main Event

Roast Shoulder of Spring Lamb with Cumberland Chipolatas, Yorkshire Pudding, Mint Sauce and Homemade Gravy

Meat Free (v)

Butternut Squash, Basil and Sundried Tomato Risotto Cakes with Garlic Mayo

And to go with

Rosemary Roast Potatoes
Oven Baked Honey and Herb Parsnips
Braised Savoy Cabbage

Re Energise

Chorizo, Roasted Red Pepper and Oregano Macaroni

Big Bowl Salads

Caper, Red Onion, Rocket and Plum Tomato

Char Grilled Chicken Caesar

Puddings

Peach Crumble Pie with Cream

Tuesday

Soup

Jerk Sweet Potato and Corn Soup

Bread of the Day

Lemon Thyme and Garlic Mini Knots

Main Event

Katsu Chicken Burger in a Brioche Bun with Cheese Slice, Curry Mayo and Crisp Iceberg

Meat Free (v)

Paneer and Vegetable Biryani with Lime Pickle, Mango Chutney and Naan Bread

And to go with

Sauté Potatoes with Onions
Homemade Ratatouille
Steamed Mange Tout

Re Energise

Pea, Ham and Mint Spirals

Big Bowl Salads

Spinach, Pimento and Olive Pasta

Chargrilled Courgette, Sundried Tomato and Mini Mozzarella

Puddings

Raspberry and Chocolate Meringue Cakes

THURSDAY

Soup

Middle Eastern Spiced Cauliflower Puree

Bread of the Day

Red Onion and Rosemary Fougasse

Main Event

Stir Fried Turkey Teriyaki With Bamboo Shoots, Mange Tout, Carrots and Peppers

Meat Free (v)

Vegetable and Noodle Filled Filo Spring Rolls with Sweet Chill Dipping Sauce

And to go with

Ginger and Chilli Egg Noodles
Pan Fried 5 Spice Courgettes
Pak Choi with Ginger

Re Energise

Mushroom, Spinach and Broccoli Lasagne

Big Bowl salads

Sweet Corn, Mixed Pepper and Red Kidney Beans

Radicchio, Watercress and Butternut Squash

Puddings

Lemon Curd and Ginger Fool

our awards!



AVAILABLE DAILY

*Toasted Panini
Jacket potato
Homemade cakes
Sandwiches and baguettes
Freshly made salads
Smoothies
Yoghurt
Fresh fruit*

Friday

Soup

Malaysian Chicken Curry and Rice

Bread of the Day

Caraway Seed Mini Rolls

Main Event

MSC Pollock Fish Fingers or Battered Cod Fillet with Homemade Tartar Sauce and Lemon Wedge

Meat Free (v)

Char Grilled Ciabatta with Melted Cheddar and Homemade Baked Beans

And to go with

Low Fat Fries, Steamed Chive New Potatoes, Sugar Snap Peas
Lemon and Garlic Cauliflower

Re Energise

Spicy Prawn and Chilli Spaghetti

Big Bowl Salads

Puy Lentil, Grilled Haloumi and Sundried Tomato

Avocado, Red Bean, Cherry Tomato and Rocket

Puddings

Glazed Mango Sponge with Custard

Lunch MENU

Monday

Soup

Butternut Squash, Sundried Tomato and Barley

Bread of the Day

Rolled Indian Onion Seed Bread

Main Event

Traditional Greek Lamb and Aubergine Moussaka served with Garlic Bread

Meat Free (v)

Spinach and Feta Cakes with Avocado and Mint Salsa

And to go with

Oregano Baked Potato Wedges
Pan Fried Mixed Peppers
Okra in Tomato Sauce

Re Energise

Piri Piri Chicken, Tomato and Olive

Big Bowl Salads

Char Grilled Pineapple, Sweet Potato, Kiwi and Pomegranate

Brie, Pear, Cranberry and Chard

Puddings

Spicy Apple and Blueberry
Upside Down Sponge and Custard

Tuesday

Soup

Chicken Satay and Coriander

Bread of the Day

Red Pepper and Basil Loaf

Main Event

Stir Fried Chicken Fajita with Peppers and Onions, in a Tortilla Wrap, add your own Guacamole, Sour Cream and Mozzarella Cheese

Meat Free (v)

Roast Red Pepper stuffed with Mushroom and Basil Risotto

And to go with

Spicy Mexican Rice
Refried Beans
Chilli Spiced Pumpkin and Peas

Re Energise

Spaghetti Carbonara

Big Bowl Salads

Avocado, Spinach, Bacon and Eggs

Chickpea, Pepper, Red Onion and Coriander

Puddings

Winter Berry
Eaten Mess

THURSDAY

Soup

Smoked Haddock, Sweetcorn and Potato Chowder

Bread of the Day

Mediterranean Olive and Herb Ciabatta

Main Event

Oven Baked Beef Burger in a floured Bap with Cheddar Cheese Slice, Tomato, Gherkin, Lettuce and Sauce Bar

Meat Free (v)

Vegetarian Scotch Egg with Home Made Piccalilli

And to go with

Cheese and Chive Potato Skins
Homemade Coleslaw
Battered Onion Rings

Re Energise

Spinach and Dolcelatte Conchigliette

Big Bowl Salads

Butternut Squash, Beetroot, Grape and Spinach

Smoked Mackerel Nicoise

Puddings

Rocky Road Pudding Jars

AVAILABLE DAILY

*Toasted Panini
Jacket potato
Homemade cakes
Sandwiches and baguettes
Freshly made salads
Smoothies
Yoghurt
Fresh fruit*

Friday

Soup

Chilli Beef and Kidney Bean

Bread of the Day

Triple Cheese Pizza Sticks

Main Event

MSC Cod Fish Fingers or Breaded Plaice Fillet with Homemade Tartar Sauce and Lemon Wedge

Meat Free (v)

Baked Margherita Pizza Bagel

And to go with

Low Fat Fries, Roast Garlic New Potatoes, Sweet Corn Niblets
Steamed Broccoli

Re Energise

Smoked Salmon, Crème Fraiche and Dill Fusilli

Big Bowl Salads

Pickled Carrot and Peppers

Giant Prawn Cocktail

Puddings

Steamed Golden Syrup Sponge and Custard

Wednesday

Soup

Roasted Aubergine and Chickpea with Tortilla Croutons

Bread of the Day

Multi Grain Bloomer

Main Event

Roast Shoulder of Pork with Lincolnshire Chipolatas, Bramley Apple Sauce, Yorkshire Pudding and Home Made Gravy

Meat Free

Goats Cheese and Spinach Sausage Rolls with Caramelised Red Onion Chutney

And to go with

Golden Paprika Potatoes
Roast Root Vegetables
Steamed Parsley Carrots

Re Energise

Tuna, Olive, Sundried Tomato and Basil Bows

Big Bowl Salads

Chunky Tomato, Cucumber, Red Onion and Coriander Salsa

Asian Chicken and Vegetable Bean Sprouts

Puddings

Black Forest Chocolate Brownie with Cream

our awards!

