

LUNCH MENU

Monday

Roasted tomato and basil soup

Mildly spiced chili con carne
Garlic n herb rice

Vegetable and bean strudel
Steamed broccoli and carrots

Apple and pear crumble pots

Fresh yoghurt and fruit

Wednesday

Cauliflower and nutmeg soup

Jerk chicken thighs
With rice and peas(coconut rice)

Fried plantain
West Indian sweet potato curry with pomegranate

Butternut squash and roasted pumpkin steamed peas

Banana flapjack

Tuesday

Chinese noodles soup with corn

Roast pork with apple sauce and crackling

Homemade spring rolls with sweet chili sauce

Roast potatoes with garlic
Cauliflower cheese and peas

Fruit platters and yoghurts

Thursday

Meat free day
Parsnip and apple soup

Pasta bar
Macaroni cheese
Plain pasta
Tomato pasta

Garlic bread
Curly kale, roasted peppers

Beetroot brownie

Friday

Minted pea soup with crème fraiche

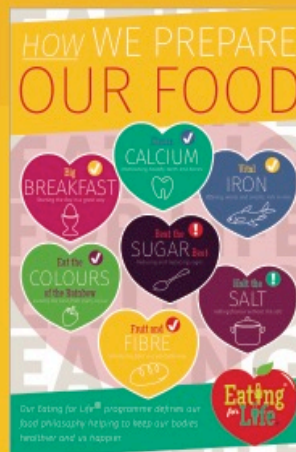
Battered fish with tartare sauce

Breaded halloumi with relish

Southern fried oven wedges

Baked beans and sweetcorn

Vanilla sponge with fruit compote



Everyday

Fresh homemade bread
Fresh salad bar with meats and proteins

Fresh fruit

We're award winners



Notes

Please speak to Chris or one of his team if you suffer from any allergens as they will be more than happy to help find you something you can eat