



## Week 2 Lunch Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday CHINESE NEW YEAR
<b>Soup</b>	Honey and parsnip	Chicken noodle	Red pepper and tomato	Minestrone	Chicken noodle and sweetcorn soup
<b>Main 1</b>	Three cheese & broccoli pasta bake	Beef and bean Chilli, cheesy nachos, sour cream and guacamole	Roast Beef with Yorkshire pudding & gravy	Sweet chilli chicken chow mein with noodles & prawn crackers	Sweet & sour crispy chicken Prawn crackers, Steamed bao buns
<b>Main 2</b>	Jacket potato bar, Selection of toppings	Hog roast baps, crispy crackling, apple sauce	Chicken korma, special fried rice, naan bread	Beef lasagne, garlic bread	Chinese style spare ribs
<b>Vegetarian</b>	Jacket potato bar, Selection of toppings	Mexican mixed bean chilli, sour cream and guacamole	Couscous and feta stuffed peppers	Vegetable lasagne	Vegetable Chow Mein
<b>Dessert 1</b>	Chocolate sponge, chocolate sauce	Yoghurt bar Fruit salad	Fruit crumble and fresh cream	Yoghurt bar Fruit salad	Banana fritters, coconut custard  Egg custard tart
<b>Dessert 2</b>	Strawberry trifle	Tamar fruit bowl	Chocolate mousse	Tamar fruit bowl	Chilled mango rice pudding
<b>Potatoes</b>	New potatoes	Wedges	Roast potatoes	Garlic roasted new potatoes	Egg fried rice
<b>Vegetables</b>	Peas and broccoli	Green beans and baby corn	Braised red cabbage Cauliflower cheese Carrots and swede	Panache of vegetables	Stir-fried garlic green beans and bok choy. Crispy seaweed  Ginger, black bean and pak choy stir fry

**Week 2 Lunch Menu: College**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday CHINESE NEW YEAR</b>	<b>Saturday</b>
<b>Soup</b>	Honey and parsnip	Chicken noodle	Tomato and red pepper	Minestrone	Chicken noodle and sweetcorn soup	Curried cauliflower
<b>Main 1</b>	Lentil & bean cottage pie	Beef and bean chilli, cheesy nachos, sour cream and guacamole	Roast beef with Yorkshire puddings & gravy	Sweet chilli chicken chow mein with noodles & prawn crackers	Sweet & sour crispy chicken	Pork sausage toad in a hole, caramelized onion gravy
<b>Main 2</b>	Three cheese & broccoli sauce with pasta	Hog roast baps, crispy crackling, apple sauce	Chicken korma, special fried rice, naan bread	Beef lasagne, garlic bread	Chinese style spare ribs	Chicken fajitas with guacamole & sour cream
<b>Vegetarian</b>	Brie & cranberry quiche	Mexican mixed bean chilli, sour cream, guacamole	Couscous and feta stuffed peppers	Wild mushroom risotto	Vegetable Chow Mein	Spinach and ricotta lasagne, garlic bread
<b>Warm sandwich bar</b>	Spicy fajita vegetables with mozzarella	Tuna melt	Sausages	BBQ pork	Prawn crackers, Steamed bao buns	
<b>Dessert 1</b>	Chocolate sponge, chocolate sauce	Yoghurt bar Fruit salad	Fruit crumble and custard	Yoghurt bar Fruit salad	Banana fritters, coconut custard. Egg custard tart	Croissant bread and butter pudding
<b>Dessert 2</b>	Cherry and chocolate trifle	Tamar fruit bowl	Chocolate mousse	Tamar fruit bowl	Chilled mango rice pudding	Egg custard tart and cream
<b>Potatoes</b>	New potatoes	Wedges	Roast potatoes	Garlic roasted new potatoes	Egg fried rice	Mash
<b>Vegetables</b>	Peas and broccoli	Green beans and baby corn	Braised red cabbage Cauliflower cheese Carrots and swede	Panache of vegetables	Stir-fried garlic green beans and bok choy. Crispy seaweed. Ginger, black bean and pak choy stir fry	Peas and carrots

### Week 2 Dinner Menu: Prep

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	Leek and potato	Honey and parsnip	Chicken	Red pepper and tomato	Minestrone
<b>Main</b>	Noodle theatre bar	Southern fried chicken drumsticks	Pork schnitzel, pineapple salsa	Peri Peri chicken thighs, rice and peas	Steak and chips, grilled mushroom, roasted tomato
<b>Main 2</b>	Noodle theatre bar	Pitta pepperoni pizza	Beef and ale strew, herby dumplings	Pork sausages, caramelised onion gravy	Spicy turkey meat ball paninis
<b>Vegetarian</b>	Eggs Florentine	Pitta margherita pizza	Vegetable stir fry	Basil pesto and rocket pasta	Grilled cheese, tomato and basil panini
<b>Dessert</b>	Muffins	Apple and berry strudel	Salted caramel and chocolate tart	Warm banana bread and custard	Jelly
<b>Potatoes</b>	Thyme and garlic diced potatoes	Home cut chips	Half jackets	Mash	Sauté
<b>Vegetables</b>	Stir fry veg	Carrots and sweetcorn	Peas, sugar snaps and mangetout	Roasted Mediterranean vegetables	Sweetcorn & broccoli

*We are a Coeliac UK accredited venue. If you require a gluten free dish, please speak to a member of staff and we will be more than happy to prepare one for you.*



### Week 2 Dinner Menu: College

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Soup</b>	Leek and potato	Honey and parsnip	Chicken and mushroom	Tomato	Minestrone		Curried cauliflower
<b>Main</b>	Beef and ale stew, herby dumplings	Southern fried chicken drumsticks	Pasta/ noodle bar	Peri Peri chicken thighs, rice and peas	Steak and chips, grilled mushroom, roasted tomato		Roasted turkey breast, cranberry sauce
<b>Main 2</b>	Breaded chicken and garlic mayo wraps	Lancashire hotpot	Pasta/ noodle bar	Pork schnitzel, pineapple salsa	Spicy turkey meat ball paninis		Roast beef, Yorkshire pudding
<b>Vegetarian</b>	Basil pesto and rocket pasta	Soughdough pizza	Pasta / noodle bar	Eggs Florentine	Grilled cheese, tomato and basil panini		Mushroom tarts
<b>Dessert 1</b>	Tray bake & custard	Tray bake & custard	Tray bake & custard	Tray bake & custard	Tray bake & custard		Tray bake & custard
<b>Dessert 2</b>	Blondie	Millionaire shortbread	Salted caramel and chocolate tart	Eclairs	Eton mess		Apple pie & cream
<b>Potatoes</b>	Thyme and garlic diced potatoes	Home cut chips	Half jackets	Crushed new potatoes	Sauté		Roasted
<b>Vegetables</b>	Peas, sugar snaps and mangetout	Carrots and sweetcorn	Stir fry veg	Roasted mediterranean vegetables	Sweetcorn & broccoli		Braised creamed cabbage, honey roasted carrots and parsnip

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