

W/C 27 SEPTEMBER 2021


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SOUP - PLANT BASED 	Tomato and chive	Mexican beans	Autumn squash	Potato and kale	Classic minestone
MAIN - HOT MEAL	Hicory smoked BBQ thigh / chicken leg	Harissa roasted chicken with preserved lemons and coriander dressing	WORLD HEART DAY Turkey and leek potato topped pie	Slow cooked beef ragu pasta with rocket and grated cheese	Sustainable catch of the day with tartare sauce and lemon wedge
MAIN - VEGETARIAN 	Squash and pea risotto with herb dressing	Mushroom, chick pea and sweet potato sausage roll with red onion jam	WORLD HEART DAY Plant based pumpkin, bean and lentil potato topped pie	Roast Mediterranean vegetable and tomato sauce pasta with rocket and grated cheese	Plant based sausages or Gnocci with roasted peppers, cherry tomato and basil
ON THE SIDE 	Potato wedges	Roasted new potatoes	New poatoes	Pickled rainbow slaw	Chunky chips
ON THE SIDE 	Broccoli florets	Green vegetable medley	Cabbage and kale	Green vegetable medley	Mushy peas / Garden peas
ON THE SIDE 	Seasonal mixed vegetable	Steamed carrots	Seasonal mixed vegetable	Sweetcorn	Seasonal mixed vegetable
STREET FOOD 'FAST TRACK'	Buddha bowl with tofu or fried plant based seitan bulgar wheat, chickpeas, roast vegetables, sauces and toppings	Ham and cheese or cheese panini with a selection of salads	WORLD HEART DAY Teriyaki salmon and pollock or Plant based baked tofu oriental green vegetable, noodles in a miso broth	Katsu chicken or Plant based crispy tempah tonkatsu sauce, pickled vegetable and sticky rice	Slow cooked lamb or Plant based sweet potato and butter bean tagine with pomegranate cous cous
SPUDS / PASTA BAR 	50 / 50 Pasta	Jacket potato	50 / 50 Pasta	Jacket potato	50 / 50 Pasta
ADD ON 	Simple tomato sauce	Grated Cheese	Simple tomato sauce	Grated Cheese	Simple tomato sauce
ADD ON 	Baked beans	Grated cheese	Baked beans	Grated cheese	Baked beans
HOUSE BAKE 	Iced orange sponge	Jam baked tart	Chocolate banana cake	Plant based lemon and raspberry slice	Chocolate chip sponge

