

# Menu March 2026

<p><b>Monday</b> 02</p>	<p>Selection of meats &amp; cheeses; Gouda, cheddar, chorizo, jamon serrano, turkey, and breadsticks (GL)</p>	<p>Buttered spaghetti with bolognese sauce with ground beef, celery, carrots, and onions (GCL)</p> <p>Soy spaghetti bolognese with celery, carrots and onions (CL)</p>	<p>Fresh garden peas</p> <p>Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils or chickpeas &amp; feta (L)</p>	<p>Yoghurt with fruit coulis (L)</p> <p>Seasonal hand cut fruit salad</p>
<p><b>Tuesday</b> 03</p>	<p>Courgette soup with onion garlic &amp; rosemary</p>	<p>Pan-fried or breaded, garlic &amp; parsley marinated rosada (FG)</p> <p>Pan-fried garlic &amp; parsley marinated seitan (s)</p>	<p>Roasted baby potatoes</p> <p>Green beans</p> <p>Lemon alioli (L)</p> <p>Salad bar as above</p>	<p>Seasonal hand cut fruit salad</p>
<p><b>Book Week inspired menu!</b> <b>Wednesday</b> 04</p>	<p>1001 NIGHTS Poppadoms with mango &amp; coriander raita (CG)</p>	<p><b>ALADDIN</b></p> <p>Mildly spiced turkey curry Korma style with yoghurt, ginger, garlic (L)</p> <p>Mildly spiced vegetable curry Korma style with tofu, soya, yoghurt, ginger, garlic (LS) - spices inspired by Agrabah market!</p>	<p><b>THE JUNGLE BOOK</b></p> <p>Basmati rice (Mowgli's favourite)</p> <p>MULAN - (Oriental inspiration)</p> <p>Carrots with sesame (S)</p> <p>Salad bar as above</p>	<p><b>SINBAD THE SAILOR</b></p> <p>Homemade cereal bar (G) for energy on the open seas!</p> <p>Seasonal fruit salad</p>
<p><b>Thursday</b> 05</p>	<p>Cheese quesadillas (GL)</p>	<p>Roasted chicken thighs with Italian pomodoro sauce on the side (LC)</p> <p>Stuffed courgettes with seitan &amp; ratatouille (SC)</p>	<p>Jeweled cous-cous</p> <p>Sautéed leeks</p> <p>Salad bar as above</p>	<p>Jelly</p> <p>Seasonal hand cut fruit salad</p>
<p><b>Friday</b> 06</p>	<p>Tomato &amp; roasted red pepper soup</p>	<p>Homemade breaded fish burger with lettuce, tomatoes &amp; tartare sauce in a soft bun (GM)</p> <p>Veg homemade burgers with Sana relish in a soft bun (GSMC)</p>	<p>Healthy potato wedges with garlic</p> <p>Corn on the cob</p> <p>Salad bar as above</p>	<p>Sweet treat!</p> <p>Seasonal hand cut fruit salad</p>

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Monday 09	Curried chickpea & sweet potato soup	Grilled turkey with jeweled couscous, garlic, lemon & parsley & alioli  Stuffed aubergines with pulses & vegetables (L)	Mixed vegetables  Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils and chickpeas	Yoghurt with fruit coulis (L)  Seasonal hand cut fruit salad
Tuesday 10	Cucumber & crabstick Thai salad with coriander & lime dressing	Thai yellow prawn curry with bamboo and water chestnuts  Tofu & vegetable Thai curry	Steamed broccoli Lemon & alioli  Salad bar as above	Seasonal hand cut fruit salad
Wednesday 11	Tomato & basil soup	Salmon served with a dill cream sauce (FL)  Grilled seitan with dill cream sauce (SL)	Boiled baby potatoes Green beans & butter beans  Salad bar as above	Homemade cereal bar (G)  Seasonal hand cut fruit salad
Thursday 12	Fresh melon & ham	Tuscan style baked ground Beef lasagna with eggs, tomatoes, onions, basil & oregano (LGE)  Vegetable lasagna (LGES)	Fresh garden Peas  Salad bar as above	Jelly Seasonal hand cut fruit salad
Friday 13	Mixed vegetable and lentil soup	Chef's choice of Homemade pizzas (GL)	Salad bar as above  Mixed raw vegetables Selection of dips (Avocado, sour cream and sweet chilli) (L)	Sweet treat!  Seasonal hand cut fruit salad

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<p><b>Monday</b> 16</p>	<p>Leek &amp; potato soup</p>	<p>Mexican style fajitas with turkey, Cajun mixed peppers, black beans and rice. Served with a side of salsa, grated cheese, and cooling sour cream (LECG)</p> <p>Mexican-style halloumi fajitas with Cajun mixed peppers, black beans and rice. Served with a side of salsa, grated cheese, and cooling sour cream (LECG)</p>	<p>Steamed Broccoli</p> <p>Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils &amp; chickpeas</p>	<p>Yoghurt with fruit coulis (L)</p> <p>Seasonal hand cut fruit salad</p>
<p><b>Tuesday</b> 17</p>	<p>Spanish tomato, mozzarella &amp; basil</p>	<p>Traditional meat &amp; fish paella with chicken thighs, chorizo, hake, rosada, onions and peppers (EG ♦)</p> <p>Vegetarian paella (EG♦)</p>	<p>Sautéed green beans Alioli &amp; fresh lemon</p> <p>Salad bar as above</p>	<p>Seasonal hand cut fruit salad</p>
<p><b>Wednesday</b> 18</p>	<p>Goats cheese croquettes (LG)</p>	<p><b>Meat free day</b></p> <p>Roasted butternut squash &amp; chickpea Cajun pasta bake (G)</p>	<p>Peas</p> <p>Salad bar as above</p>	<p>Homemade cereal bar (G)</p> <p>Seasonal hand cut fruit salad</p>
<p><b>Thursday</b> 19</p>	<p>Traditional Spanish lentil soup with slow roasted carrots and onions</p>	<p>Pan-fried rosada marinated in garlic, lemon &amp; parsley, served with lemon alioli (L)</p> <p>Stuffed peppers with tomato, chickpeas &amp; lentils (C)</p>	<p>Rice &amp; roasted cauliflower</p> <p>Salad bar as above</p>	<p>Jelly</p> <p>Seasonal hand cut fruit salad</p>
<p><b>Friday</b> 20</p>	<p>Vegetable spring rolls with sweet chilli &amp; coriander dipping sauce</p>	<p>Teriyaki chicken noodles with cabbage, spring onions and peppers</p> <p>Seitan teriyaki noodles with cabbage, spring onions and peppers</p>	<p>Shredded sesame carrots</p> <p>Salad bar as above</p>	<p>Sweet treat!</p> <p>Seasonal hand cut fruit salad</p>

# Menu March 2026

<p><b>Monday</b> 23</p>	<p>Lightly spiced sweet potato &amp; creamy coconut soup</p>	<p>Tuna Pasta Bake with Vegetable &amp; Tomato Sauce &amp; Grated Fresh Parmesan (FLGE)</p> <p>Veggie Tofu Pasta Bake with Tomato Sauce &amp; Grated Fresh Parmesan (LGE)</p>	<p>Steamed Broccoli</p> <p>Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils &amp; chickpeas</p>	<p>Yoghurt with fruit coulis (L)</p> <p>Seasonal hand cut fruit salad</p>
<p><b>Tuesday</b> 24</p>	<p>Nachos &amp; carrots with homemade guacamole &amp; sour cream</p>	<p>Mild Mexican ground Beef chilli with red beans, carrots, celery, red peppers (C)</p> <p>Soy Chili sin Carne with celery, red peppers red beans (SC)</p>	<p>Salad Bar as above</p> <p>Steamed Rice Sweetcorn Grated cheese (L)</p>	<p>Seasonal hand cut fruit salad</p>
<p><b>Wednesday</b> 25</p>	<p>Mildly spiced carrot &amp; coriander soup</p>	<p>Turkey tagine with carrots potatoes apricots and olives</p> <p>Halloumi and pumpkin vegetable tagine with carrots potatoes apricots and olives</p>	<p>Salad bar as above</p> <p>Couscous Peas</p>	<p>Homemade cereal bar (G)</p> <p>Seasonal hand cut fruit salad</p>
<p><b>Thursday</b> 26</p>	<p>Free range egg frittata with spinach &amp; mozzarella (EL)</p>	<p>Oven roasted BBQ lemon honey glazed chicken breast (★)</p> <p>BBQ lemon &amp; honey glazed halloumi &amp; pumpkin skewers (L)</p>	<p>Salad bar as above</p> <p>Roasted Mediterranean vegetables, courgettes, aubergines &amp; onions Roasted garlic &amp; lemon baby potatoes</p>	<p>Jelly</p> <p>Seasonal hand cut fresh fruit salad</p>
 <p><b>Friday</b> 27</p>	<p>Borscht - red Polish soup</p>	<p><b>POLISH DAY!!</b></p> <p>Breaded pork schnitzel with pickled cucumbers and dill mayo (GE)</p> <p>Breaded Halloumi and tofu fingers (G)</p>	<p>Rice Green beans</p> <p>Salad bar</p>	 <p>Sweet treat!</p> <p>Seasonal hand cut fruit salad</p>



# Nutritional Information



<b>M</b>	<b>T</b>	<b>W</b>	<b>T</b>	<b>F</b>
<b>02</b> Protein: 28g Fat: 19g Carbs: 91g Calories: 673	<b>03</b> Protein: 31g Fat: 29g Carbs: 94g Calories: 740	<b>04</b> Protein: 32g Fat: 30g Carbs: 101g Calories: 746	<b>05</b> Protein: 37g Fat: 17g Carbs: 77g Calories: 616	<b>06</b> Protein: 29g Fat: 23g Carbs: 98g Calories: 720
<b>09</b> Protein: 30g Fat: 18g Carbs: 99g Calories: 775	<b>10</b> Protein: 29g Fat: 29g Carbs: 98g Calories: 760	<b>11</b> Protein: 35g Fat: 14g Carbs: 80g Calories: 560	<b>12</b> Protein: 30g Fat: 18g Carbs: 99g Calories: 775	<b>13</b> Protein: 29g Fat: 29g Carbs: 98g Calories: 760
<b>16</b> Protein: 32g Fat: 12g Carbs: 68g Calories: 567	<b>17</b> Protein: 31g Fat: 21g Carbs: 91g Calories: 592	<b>18</b> Protein: 35g Fat: 14g Carbs: 80g Calories: 560	<b>19</b> Protein: 26g Fat: 18g Carbs: 95g Calories: 638	<b>20</b> Protein: 24g Fat: 16g Carbs: 72g Calories: 652
<b>23</b> Protein: 38g Fat: 9.7g Carbs: 96g Calories: 606	<b>24</b> Protein: 28g Fat: 19g Carbs: 91g Calories: 673	<b>25</b> Protein: 28g Fat: 19g Carbs: 91g Calories: 673	<b>26</b> Protein: 34g Fat: 28g Carbs: 99g Calories: 798	<b>27</b> Protein: 26g Fat: 25g Carbs: 93g Calories: 792

**Available daily: Unlimited bread & Chef's salad of the day**

**\*Where there is gluten or lactose on the Menú we ALWAYS offer options WITHOUT gluten or lactose**