

MONDAY 28/09/2026

Soup

Roasted Pumpkin & Carrot

Main

Chicken & Leek Pie

International

Beef Bolognese

Vegetarian

Chickpea & Spinach Curry

Composed Salads

Crispy Brown Rice Salad

Greek Salad

Raw Salads

Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides

Herb Roasted Potatoes

Steamed Broccoli

Roasted Carrots

Dessert

Fruit Cups

TUESDAY 29/09/2026

Soup
Leek & Potato

Main
Oven Roasted Hake with Lemon & Herbs

International
Jerk Turkey

Vegetarian
Vegetable Moussaka

Composed Salads
Tomato, Mozzarella & Basil
Lentil, Cucumber & Herb Salad

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Herb Rice
Green Beans
Roasted Pumpkin

Dessert
Fruit Cups & Yogurt

WEDNESDAY 30/09/2026

Soup
Tomato & Basil

Main
Beef Massaman Curry

International
Chicken Milanese

Vegetarian
Vegetable & Bean Lasagna

Composed Salads
Quinoa, Roasted Butternut & Herbs
Rainbow Slaw

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Steamed Rice
Roasted Cauliflower
Wilted Greens

Dessert
Fruit Cups



THURSDAY 01/10/2026

Soup
Courgette & Coriander

Main
Turkey Meatballs in Tomato Sauce

International
Cod à Brás

Vegetarian
Mushroom & Spinach Risotto

Composed Salads
Roasted Beetroot & Balsamic
Herb & Lemon Pasta Salad

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Roasted Baby Potatoes
Broccoli
Sweetcorn

Dessert
Fruit Cups & Yogurt w/ Granola

FOR ALLERGEN INFORMATION PLEASE SPEAK TO A MEMBER OF THE TEAM.



TUESDAY 06/10/2026

Soup
Carrot & Thyme

Main
Hake Loin Gratin

International
Jamaican Chicken

Vegetarian
Soy & Chickpea Stew with Spinach

Composed Salads
Quinoa, Roasted Butternut & Herbs
Roasted Vegetable Salad

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Baby Potatoes
Roasted Cauliflower
Green Beans

Dessert
Fruit Cups

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WEDNESDAY 07/10/2026

Soup
Kale & Potato

Main
Chicken Stroganoff

International
Veal Ragout Pasta al Forno

Vegetarian
Vegetable Stroganoff

Composed Salads
Red Lentil, Spinach & Feta
Pumpkin Pasta Salad

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Carrot Rice
Grilled Aubergine
Roasted Sweet Potato

Dessert
Fruit Cups & Yogurt

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THURSDAY 08/10/2026

Soup
Vegetable

Main
Beef Burger

International
Cod à Brás

Vegetarian
Mushroom & Fried Onion Risotto

Composed Salads
Sweet Potato & Kale Salad
Fennel & Wild Rice

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Potato Wedges
Seasonal Vegetables
Steamed Greens

Dessert
Fruit Cups

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FRIDAY 09/10/2026

**Soup
Broccoli**

**Main
Mexican Beef Chilli with Toppings**

**International
Roasted Chicken**

**Vegetarian
Courgette, Spinach & Feta Lasagna**

**Composed Salads
Tomato & Peach Salad
Orange, Olives & Coriander**

**Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed
Leaves**

**Sides
Cajun Potatoes
Rice
Charred Corn**

**Dessert
Fruit Cups & Orange Cake**

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MONDAY 12/10/2026

Soup

Butternut & Sweet Potato

Main

Turkey Steak with Herb Jus

International

Beef Chilli

Vegetarian

Vegetable Feijoada with Seitan

Composed Salads

Mexican Bean Salad

Potato & Herb Salad

Raw Salads

Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides

Rice

Cauliflower

Green Beans

Dessert

Fruit Cups

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TUESDAY 13/10/2026

Soup
Creamy Courgette

Main
Roasted Salmon with Lemon & Dill

International
Chicken with Tomato & Basil Sauce

Vegetarian
Falafel Mezze

Composed Salads
Black Rice, Carrot & Herbs
Greek Salad

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Roasted Potatoes
Broccoli
Roasted Pumpkin

Dessert
Fruit Cups & Yogurt

FOR ALLERGEN INFORMATION PLEASE SPEAK TO A MEMBER OF THE TEAM.

THURSDAY 15/10/2026

Soup
Vegetable

Main
Fish Tacos with Toppings

International
Beef Lasagna

Vegetarian
Vegan Paella with Tofu & Roasted Peppers

Composed Salads
Tomato & Mozzarella Pasta Salad
Crispy Brown Rice Salad

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Roasted Potatoes
Steamed Green Beans
Corn Salsa

Dessert
Fruit Cups

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FRIDAY 16/10/2026

Soup
Tomato & Basil

Main
Beef Massaman Curry

International
Chicken & White Bean Stew

Vegetarian
Vegetable Crumble with Feta

Composed Salads
Wheat Grain, Tomato & Basil Salad
Roasted Beetroot Salad

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Rice
Roasted Broccoli
Glazed Carrots

Dessert
Fruit Cups & Homemade Cake

MONDAY 19/10/2026

Soup
Carrot & Coconut

Main
Creamy Salmon Linguine with Leeks

International
Roast Chicken & Gravy

Vegetarian
Aubergine Parmigiana

Composed Salads
Herb & Lemon Pasta Salad
Greek Salad

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Roasted Baby Potatoes
Broccoli
Sweetcorn

Dessert
Fruit Cups & Yogurt

TUESDAY 20/10/2026

Soup
Split Pea

Main
Roasted Hake with Herb Sauce

International
Beef Lasagna

Vegetarian
Chana Masala

Composed Salads
Quinoa, Roasted Butternut & Herbs
Coleslaw

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed
Leaves

Sides
Herb Potatoes
Roasted Pumpkin
Peas & Spinach

Dessert
Fruit Cups



WEDNESDAY 21/10/2026

Soup
Courgette

Main
Cottage Pie

International
Breaded Fish Goujons with Tartare Sauce

Vegetarian
Loaded Vegetable Quiche

Composed Salads
Asian Slaw
Avocado & Grapefruit Salad

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Roasted Cauliflower
Caramelized Carrots
Green Beans

Dessert
Fruit Cups

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THURSDAY 22/10/2026

**Soup
Vegetable**

**Main
Chicken Burger with Toppings**

**International
Cod à Brás**

**Vegetarian
Vegetable Burger**

**Composed Salads
Greek Salad
Tomato, Mozzarella & Basil**

**Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves**

**Sides
Potato Wedges
Roasted Seasonal Vegetables
Steamed Greens**

**Dessert
Fruit Cups**

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FRIDAY 23/10/2026

Soup
Chicken Soup

Main
Beef Chilli with Toppings

International
Turkey Carbonara Fusilli

Vegetarian
Tofu, Charred Corn & Rice Burrito

Composed Salads
Nut-Free Pesto Pasta & Spinach
Mexican Bean Salad

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Cajun Potatoes
Rice
Charred Corn

Dessert
Fruit Cups & Homemade Cake

MONDAY 26/10/2026

Soup
Pumpkin & Coconut

Main
Chicken Milanese

International
Beef Bolognese

Vegetarian
Chickpea & Spinach Curry

Composed Salads
Carrot, Chickpea & Orange
Leafy Greens & Roasted Peppers

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed
Leaves

Sides
Herb Rice
Green Beans
Roasted Cauliflower

Dessert
Fruit Cups

TUESDAY 27/10/2026

Soup
Broccoli

Main
Golden Honey Soy Turkey

International
Grilled Hake with Lemon

Vegetarian
Mediterranean Vegetable Moussaka

Composed Salads
Lentil, Olive & Cucumber Salad
Aubergine Caponata

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Roasted Potatoes
Broccoli
Peas

Dessert
Fruit Cups & Yogurt



MONDAY 02/11/2026

Soup
Leek & Potato

Main
Chicken Stroganoff

International
Beef Meatballs

Vegetarian
Vegetable Stroganoff

Composed Salads
Cauliflower, Grape & Fennel Salad
Greek Salad

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Rice
Broccoli
Roasted Carrots

Dessert
Fruit Cups

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TUESDAY 03/11/2026

Soup
Creamy Courgette

Main
Jerk Turkey

International
Grilled Cod with Herb Sauce

Vegetarian
Shakshuka with Baked Eggs

Composed Salads
Black Rice & Carrot Salad
Roasted Vegetable Salad

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Paprika Potatoes
Sweetcorn
Green Beans

Dessert
Fruit Cups & Yogurt

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WEDNESDAY 04/11/2026

**Soup
Pumpkin**

**Main
Roast Chicken with Lemon & Herbs**

**International
Beef Cottage Pie**

**Vegetarian
Lentil Cottage Pie**

**Composed Salads
Roasted Pumpkin, Rocket & Ricotta
Tomato & Mozzarella Salad**

**Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves**

**Sides
Herb Rice
Cauliflower
Broccoli**

**Dessert
Fruit Cups**

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THURSDAY 05/11/2026

Soup
Carrot & Coriander

Main
Creamy Salmon Linguine

International
Beef Fajitas with Toppings

Vegetarian
Crispy Tofu Katsu Curry

Composed Salads
Crispy Brown Rice Salad
Rainbow Slaw

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Baked Potatoes
Courgette
Roasted Peppers

Dessert
Fruit Cups

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FRIDAY 06/11/2026

Soup
Chicken Soup

Main
Roast Turkey with Gravy

International
Beef Burger with Toppings

Vegetarian
Chickpea & Vegetable Tagine

Composed Salads
Wheat Grain, Tomato & Basil
Roasted Beetroot & Balsamic

Raw Salads
Sweet corn; Cucumber; Carrot; Tomato; Red Onion; Mixed Leaves

Sides
Roasted Potatoes
Seasonal Vegetables
Steamed Green Beans

Dessert
Fruit Cups & Homemade Cake