

MORNING MENU

STAY HYDRATED

Help yourself to Tea, Coffee, Still Water and Selection of Fruit Juices (vg)

KITCHEN FAVOURITES

MARKET FRESH

(v) vegetarian, (vg) vegan

MONDAY

Sausage
Vegetarian Sausage (vg)
Boiled Egg (v)
Baked Beans

Porridge (v), Yoghurt (v), Cereal Selection and Fresh Fruit Platter (vg)
Plus a selection of toppers including Dried Fruit and Compote (vg)

TUESDAY

Bacon
Scrambled Eggs (v)
Baked Beans

Pain au Chocolat, Porridge (v), Yoghurt (v), Cereal Selection and Fresh Fruit Platter (vg)
Plus a selection of toppers including Dried Fruit and Compote (vg)

WEDNESDAY

Sausage
Vegetarian Sausage (vg)
Omelette (v)
Baked Beans

Porridge (v), Yoghurt (v), Cereal Selection and Fresh Fruit Platter (vg)
Plus a selection of toppers including Dried Fruit and Compote (vg)

THURSDAY

Bacon
Boiled Eggs (v)
Baked Beans

Croissant, Porridge (v), Yoghurt (v), Cereal Selection and Fresh Fruit Platter (vg)
Plus a selection of toppers including Dried Fruit and Compote (vg)

FRIDAY

Sausage
Vegetarian Sausage (vg)
Scrambled Eggs
Baked Beans

Porridge (v), Yoghurt (v), Cereal Selection and Fresh Fruit Platter (vg)
Plus a selection of toppers including Dried Fruit and Compote (vg)

SATURDAY

Bacon
Omelette (v)
Baked Beans

Porridge (v), Yoghurt (v), Cereal Selection and Fresh Fruit Platter (vg)
Plus a selection of toppers including Dried Fruit and Compote (vg)

SUNDAY BRUNCH

Pork Sausages
Vegan Sausages (vg)
Halal Sausages
Back Bacon
Fried Egg (v)
Grilled Tomatoes (vg)
Mushrooms (vg)
Baked Beans (vg)
Hash Browns (vg)

Pain au Chocolat (v)
Yoghurt Bar (v)

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LUNCH MENU - WEEK 3

Week 3 commencing: 29/4/2024, 20/5/2024, 10/6/2024 & 1/7/2024

(v) vegetarian, (vg) vegan

Salads - All vegan unless stated on counters

Desserts - All vegetarian unless stated on counters

MARKET FRESH

SOMETHING SWEET

MONDAY KITCHEN FAVOURITES

MAINS
Tonkatsu Beef
Teriyaki Chicken
Miso & Aubergine & Tofu Bake (vg)

SIDES
Noodles (v)
Stir Fry Vegetables(vg)
Sesame & Garlic Green Beans (vg)

SALAD
Homemade Bread ,Croutons & Seeds
Panzanella
Lemon Grain Salad

SIDES & DRESSINGS
Cucumber, Mixed Leaves & Tomato
Grated Carrots
Pickled Cabbage
Grated Carrot
Chickpeas

JACKET AND PASTA BAR
Jacket Potatoes (vg)
Pasta (vg)
Tomato and Basil (vg)
Baked Beans (vg)

Chocolate Chip Cookie Bar
Jelly (vg)
FreshFruit (vg)

TUESDAY WORLD TOUR

MAINS
Jamaican Curry Chicken
Jerk Pork
Caribbean Sweet Potato & Chickpeas (vg)

SIDES
Rice & Peas(vg)
Collared Greens (vg)
Corn & Peppers (vg)

SALAD
Homemade Bread ,Croutons & Seeds
Fennel & Orange Salad
Lemon & Herb Potato Salad
Chickpeas & Herb Salad

SIDES & DRESSINGS
Cucumber, Mixed Leaves & Tomato
Mixed Olives
Sweetcorn
Beetroot
Split Lemon Oil

JACKET AND PASTA BAR
Jacket Potatoes (vg)
Pasta (vg)
Tomato and Basil (vg)
Baked Beans (vg)

Fruit Salad Pot
Jelly
Fresh Fruit (vg)

WEDNESDAY KITCHEN FAVOURITES

MAINS
Roast Chicken
Jumbo Sausage
Leek, Apple & Cheddar Tart (v)

SIDES
Roast Potatoes (vg)
Broccoli (vg)
Thyme Carrots (vg)
Gravy (vg)

SALAD
Homemade Bread ,Croutons & Seeds
Carrot, Ricotta & Mint Salad
Caesar Salad
Three Bean Salad

SIDES & DRESSINGS
Cucumber, Mixed Leaves & Tomato
Mixed Peppers
Grated Carrot
Caesar Dressing

JACKET AND PASTA BAR
Jacket Potatoes (vg)
Pasta (vg)
Tomato and Basil (vg)
Baked Beans (vg)

Ginger Cake with White Chocolate & Cream Cheese Icing
Jelly
Fresh Fruit (vg)

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THURSDAY WORLD TOUR

<p>MAINS Italian Pork with Peppers Chicken with Tomatoes & Capers Roasted Aubergines & Courgettes with Mozzarella (v)</p> <p>SIDES Pasta (vg) Mezzaluna Bread (vg) Garlic & Herb Greens (vg) Basil Roasted Butternut (vg) Red Pesto Mayonnaise</p>	<p>SALAD Homemade Bread, Croutons & Seeds Lime, Sesame & Coconut Courgette Carpaccio Middle Eastern Giant Couscous Greek Salad</p> <p>SIDES & DRESSINGS Cucumber Grated Carrot Sweetcorn Beetroot Lettuce Balsamic Vinaigrette</p>	<p>JACKET AND PASTA BAR Jacket Potatoes (vg) Pasta (vg) Tomato and Basil (vg) Baked Beans (vg)</p>	<p>Lemon Drizzle Cake with Cream Jelly Fresh Fruit (vg)</p>
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FRIDAY KITCHEN FAVOURITES

<p>MAINS Fried Fish Roasted Vegetable & Halloumi Pie (vg)</p> <p>SIDES Chips (vg) Mushy Peas Peas (vg) Lemon Wedges (vg) Curry Sauce (vg) Tartare Sauce (vg)</p>	<p>SALAD Homemade Bread, Croutons & Seeds Rocket, Beetroot & Goats Cheese Salad Green Vegetable Pasta Salad Herb & Potato Salad</p> <p>SIDES & DRESSINGS Cucumber, Mixed Leaves & Tomato Pickled Cabbage Chickpeas Honey & Lemon Dressing</p>	<p>JACKET AND PASTA BAR Jacket Potatoes (vg) Pasta (vg) Tomato and Basil (vg) Baked Beans (vg)</p>	<p>Berry Crumble with Custard Jelly Fresh Fruit (vg)</p>
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SATURDAY

<p>MAINS Chicken Tikka Masala Mushroom Korma (vg)</p> <p>SIDES Cardamom Rice (vg) Saute Courgettes (vg) Sweet Potato & Spinach Dahl (vg) Turmeric Cauliflower (vg)</p>	<p>SALAD Homemade Bread, Croutons & Seeds Rocket, Beetroot & Goats Cheese Salad Green Vegetable Pasta Salad Herb & Potato Salad</p> <p>SIDES & DRESSINGS Cucumber, Mixed Leaves & Tomato Pickled Cabbage Chickpeas Honey & Lemon Dressing</p>	<p>JACKET AND PASTA BAR Jacket Potatoes (vg) Pasta (vg) Tomato and Basil Baked Beans (vg)</p>	<p>Chocolate Brownie with Cream Jelly Fresh Fruit (vg)</p>
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SUPPER SUPPER MENU - WEEK 3

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MARKET FRESH

SOMETHING SWEET

MONDAY

MAINS
Tuna Pasta Bake
Ricotta Spinach & Lentil Lasagne (v)

SIDES
Garlic Bread (v)
Peas & Peppers (vg)
Pesto(vg)

SALAD
Homemade Bread ,Croutons & Seeds
Panzanella
Lemon Grain Salad

SIDES & DRESSINGS
Cucumber, Mixed Leaves & Tomato
Grated Carrots
Pickled Cabbage
Grated Carrot
Chickpeas

JACKET AND PASTA BAR

Jacket Potatoes (vg)
Pasta (vg)
Chefs Choice

Jelly & Berry Pot
Fresh Fruit (vg)
Jelly

TUESDAY

JACKET BAR
Build Your Own Jacket Bar with delicious flavour combinations, from Beef Chilli & Cheese to Saute Mushrooms & Hot Sauce. There is no wrong way to top a potato.

SALAD
Homemade Bread ,Croutons & Seeds
Fennel & Orange Salad
Lemon & Herb Potato Salad
Chickpeas & Herb Salad

SIDES & DRESSINGS
Cucumber, Mixed Leaves & Tomato
Mixed Olives
Sweetcorn
Beetroot
Split Lemon Oil

JACKET AND PASTA BAR

Jacket Potatoes (vg)
Pasta (vg)
Chefs Choice

Bara Brith (Welsh Tea Bread) with Butter
Fresh Fruit (vg)
Jelly

WEDNESDAY

MAINS
Greek Lamb & Olive
Butternut & Mushroom Filo(v)

SIDES
Vegetable Couscous (vg)
Saute Courgettes (vg)

SALAD
Homemade Bread ,Croutons & Seeds
Carrot, Ricotta & Mint Salad
Caesar Salad
Three Bean Salad

SIDES & DRESSINGS
Cucumber, Mixed Leaves & Tomato
Mixed Peppers
Grated Carrot
Caesar Dressing

JACKET AND PASTA BAR

Jacket Potatoes (vg)
Pasta (vg)
Chefs Choice

Peach Melba Pavlova Pot
Fresh Fruit (vg)
Jelly

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WORLD TOUR

MARKET FRESH

SOMETHING SWEET

THURSDAY

MAINS

Filipino Beef Adobo
Tofu Rendang (vg)

SIDES

Rice (vg)
Chinese Leaf & Bok Choi (vg)

SALAD

Homemade Bread, Croutons & Seeds
Lime, Sesame & Coconut Courgette
Carpaccio
Middle Eastern Giant Couscous
Greek Salad

SIDES & DRESSINGS

Cucumber
Grated Carrot
Sweetcorn
Beetroot
Lettuce
Balsamic Vinaigrette

JACKET AND PASTA BAR

Jacket Potatoes (vg)
Pasta (vg)
Tomato Sauce
Baked Beans
Chef's Choice

Chocolate Cake
Fresh Fruit (vg)
Jelly

FRIDAY

MAINS

Tacos
Crispy Turkey
Jackfruit (vg)
Macaroni Cheese (v)

SIDES

Mixed Vegetables (vg)

SALAD

Homemade Bread , Croutons & Seeds
Rocket, Beetroot & Goats Cheese Salad
Green Vegetable Pasta Salad
Herb & Potato Salad

SIDES & DRESSINGS

Cucumber, Mixed Leaves & Tomato
Pickled Cabbage
Chickpeas
Honey & Lemon Dressing

JACKET AND PASTA BAR

Jacket Potatoes (vg)
Tomato Sauce
Baked Beans

White Chocolate & Mango Cheesecake
Pot
Fresh Fruit (vg)
Jelly

SATURDAY

STREET FOOD SANDWICH BAR

From Bombay Grilled Chicken to a Traditional Vietnamese Bah mi. Come and try one of our delicious sandwiches from around the world.

SALAD

Homemade Bread , Croutons & Seeds
Rocket, Beetroot & Goats Cheese Salad
Green Vegetable Pasta Salad
Herb & Potato Salad

SIDES & DRESSINGS

Cucumber, Mixed Leaves & Tomato
Pickled Cabbage
Chickpeas
Honey & Lemon Dressing

PASTA BAR

Pasta
Tomato Sauce

Chef's Choice
Fresh Fruit (vg)
Jelly

SUNDAY

MAINS

Sesame Pork
Korean Spiced Quorn Fillet (vg)

SIDES

Salt & Pepper Wedges, Kimchi Greens ,
Peas & Corn with Coriander & Spring
Onions, Miso Gravy (vg)

PASTA BAR

Pasta
Tomato Sauce

Chef's Choice
Fresh Fruit (vg)
Jelly

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