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| WEEK 1 |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Soup****Station** **With Fresh Baked Bread** |  Autumn root soup |  Roasted Cauliflower & cumin soup | Mulligatawny Soup  | Carrot and thyme soup | Tomato & Rocket soup |
| **Chef’s Dish of the Day** | PLANT BASED DISH DAY Quorn Bolognaise  | Chicken katsu curry with sticky rice  | Honey roast gammonwith Rich gravy | Hoi sin Beef with egg noodles and stir fried peppers  | Hand stretched meat feast pizza |
| **Vegetarian Dish of the Day** | Eat curious bean taco | Mild chickpea & sweet potato curry  | Stuffed mushrooms with carrot, sage, Feta & onion. | Vegetable stir fry with Butterbeans & Sumac | Hand stretched margherita pizza |
| **Sides** | Broccoli , Sweetcorn Spaghetti Soft tacos  | Pilaff RiceMixed salad Peas | Roasted potatoes.Steamed medley of vegetables | Stir fried peppers & onionsPak choiEgg noodles | Chunky oven chipsGarden peasBaked beans |
| **Fresh Salad Bar including oily fish available everyday – Fresh Fruit & Yoghurts available daily**  |
| **Dessert of the Day** | Vegan Chocolate Mousse  | Rice Pudding with a selection of toppings  | Ice cream bar – vanilla ice cream pots with a selection of fresh fruit coulis, sauces & toppings | Selection of fruit & Greek yoghurt with toppings | Courgette & lime Cake |
| For allergen information please speak to a member of the team. |

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| **WEEK 2** |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Soup****Station** **With Fresh Baked Bread** | 2nd PLANT BASED DAYTomato and Basil soup | Roasted pepper soup | Vegan mushroom cream soup  | Carrot and honey soup | Tuscan bean soup |
| **Chef’s Dish of the Day** | Pasta Pomodoro / side of rocket and fresh basil  | Thai green chicken curry & coconut milk with beansprouts | Slow cooked BBQ shoulder of Pork with red onion and peppers  | **Traditional Ploughman’s**Char grilled chicken thighs & honey roasted ham | Fillet of fish with lemon wedges and tartare sauce |
| **Vegetarian Dish of the Day** | Tomato and Basil puff pastry tarts, olive oil & mozzerella  | Thai vegetable curry | Sweet n sour paneer | Red onion and tomato quiche & English cheddar | Mushroom Stroganoff with Chickpeas |
| **Sides** | Peas / Sweetcorn | Roasted cumin cauliflower Indian style tomato & onion coriander salad Steamed rice | Warm tortillas Sauteed peppers & onions  | Crusty baguette Jacket potato halves Selection of saladsSelection of pickles & chutneys & Country peas | Chunky chipsSpinach & rocket saladBaked beans |
| **Fresh Salad Bar with oily fish available everyday– Fresh Fruit & Yoghurts available daily** |
| **Dessert of the Day** | Vegan Mango & Coconut mousse | Selection of fruit & Greek yoghurt with various toppings and sauces | Fruit sponge & Custard | Strawberry or Raspberry Fruit Jelly pots  | Homemade Banana Cake& Banana Smoothie |
| For allergen information please speak to a member of the team. |

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|  **WEEK 3** |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Soup****Station****With Fresh Baked Bread** | Chickpea and chilli soup | Sweetcorn chowder  | Leek and potato | Carrot and coriander | Roasted parsnip |
| **Chef’s Dish of the Day** | Macaroni & cheese with a trio of cheese & crispy onions  | Chicken Caesar salad |  Beef Lasagne | Chicken Fajitas  |  Toad in the hole (Yorkshire pudding) & lovely rich vegetarian gravy  |
| **Vegetarian Dish of the Day** | Pesto Pasta with mozzarella  | Charred halloumi or Quorn fillet |  Vegetable skewer kebabs with Paneer  | Vegetable Fajitas & black beans | Vegetable toad in the hole |
| **Sides** | Broccoli Sweetcorn | Steamed new potatoesCauliflowerMedley of seasonal vegetables  | Steamed carrots & Green beansTomato, red onion & olive salad  | Soft tortilla wrapsStir fried peppers and onionsRed cabbage slawSour cream | Lightly crushed new potatoesBaked beansPeas |
| **Fresh Salad Bar with oily fish available everyday– Fresh Fruit & Yoghurts available daily** |
| **Dessert of the Day** | Naturally sweet carrot & sultana cake  | Selection of fruit & Greek yoghurt with various toppings and sauces | Apple crumble with custard | Sugar free fruity jelly pots | Naturally sweetened apricot flapjack |
| For allergen information please speak to a member of the team. |