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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 gammon  with  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 Rice  Mixed salad  Peas | Roasted potatoes.  Steamed medley of vegetables | Stir fried peppers & onions  Pak choi  Egg noodles | Chunky oven chips  Garden peas  Baked 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 DAY  Tomato 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 salads  Selection of pickles & chutneys & Country peas | Chunky chips  Spinach & rocket salad  Baked 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 potatoes  Cauliflower  Medley of seasonal vegetables | Steamed carrots &  Green beans  Tomato, red onion & olive salad | Soft tortilla wraps  Stir fried peppers and onions  Red cabbage slaw  Sour cream | Lightly crushed new potatoes  Baked beans  Peas |
| **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. | | | | | |