W	Œ	F	K	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Station With Fresh Baked Bread	Tomato and Basil	Broccoli & Stilton soup	Chickpea and Chilli	Carrot & Orange	Cauliflower & cumin
Chef's Dish of the Day	PLANT 30 Eat curious tomato and Basil fusilli pasta	Chicken katsu curry with sticky rice	Traditional Ploughman's Char-grilled chicken thighs/ chicken breast Honey roasted ham	Beef Chilli with sour cream and coriander	Hand stretched meat feast pizza
Vegetarian Dish of the Day	Vegan Creamy Mushrooms in garlic cheese sauce & garlic bread With red lentils	Mild chickpea, butternut & sweet potato curry	Red Onion & tomato quiche English cheddar	Mac and cheese and crispy onions	Hand stretched margherita pizza
Sides	Penne or linguine pasta & wholegrain pasta Sweetcorn Steamed Broccoli	Pilaff Rice Cumin cauliflower Saag Aloo	Crusty Baguette Jacket potato halves Selection grilled vegetables Selection of pickles & chutneys	Steamed carrots Green beans Tomato, red onion & olive salad	Chunky oven chips Garden peas Baked beans

#### Fresh Salad Bar available everyday - Fresh Fruit & Yoghurts available daily

Dessert
of the Day

Vegan Chocolate Mousse

Selection of fruit & Greek yoghurt with toppings

Apple crumble & custard

Selection of fruit & Greek yoghurt with toppings

Banana Cake

For allergen information please speak to a member of the team.









	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Station With Fresh Baked Bread	Tomato and fresh basil	Pea & mint	Broccoli & rocket	Courgette and mint	Tuscan bean
Chef's Dish of the Day	PLANT 30 Mac n Cheese with crispy onions	Hoi sin beef & vegetable stir-fry	Pork and venison meatballs With tomato sauce	Mild coconut based chicken & chickpea curry	Jumbo fish fingers lemon wedges & tartare sauce
Vegetarian Dish of the Day	Pasta Pomodoro (eat curious added to sauce) Plant protein	Vegetable Stir fry with edamame beans	Vegan meatballs	Quorn & vegetable chilli con carne	Breaded Halloumi with a spicy tomato sauce
Sides	Hand-cut wedges Sweetcorn & Peas Summer salad	Cauliflower Steamed carrots Steamed white & brown rice	Spaghetti Sauteed mangetout & mushrooms	Turmeric rice Mango chutney & Raita Green Beans Tomato, coriander & onion salad	Chunky oven chips Garden peas Baked beans

#### Fresh Salad Bar 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

Strawberry Jelly

Selection of fruit & Greek yoghurt with various toppings and sauces

Fruit Cookie

For allergen information please speak to a member of the team.









#### WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Station With Fresh Baked Bread	Roasted butternut & red pepper	Chunky vegetable	Leek & potato	Carrot & coriander	Butternut Squash
Chef's Dish of the Day	Pesto Pasta	CAESAR SALAD DAY  Char-grilled Chicken	Meatloaf Sausage Plait with crispy onions & tomato sauce	Chicken fajitas with Roasted vegetables and sour cream	Cod Fillet with tartare sauce and lemon wedges
Vegetarian Dish of the Day	Gnocchi with roasted vegetables & tomato sauce	Charred Halloumi Or Quorn filet	Plant based vegetable sausages with onion gravy	Pulled Oomph with lime and coriander	Freshly made Falafel burger with a yoghurt dressing & shredded lettuce
Sides	Broccoli Courgettes	Sweet potatoes Cauliflower Medley of seasonal vegetables	Mashed potatoes Steamed carrots Broccoli	Tortilla wraps Stir fried peppers and onions Red cabbage slaw	Freshly cut wedges Baked beans Peas

#### Fresh Salad Bar available everyday- Fresh Fruit & Yoghurts available daily

For allergen information please speak to a member of the team.







Eat curious BBQ chicken protein

With roasted vegetables



