

Spring Menu – Week 1

Monday

Soup Station

Fresh Tomato soup
served with homemade farmhouse
bread and toppers

Main Course

Chickpea & sweet potato Korma
Vegetarian Caribbean coconut curry
Jacket potatoes with
cheese & baked beans
Fresh Pasta with sauce of the day

Sides

Steamed White Rice
Honey Glazed Carrots
Sweetcorn

Salad Bar

Pea and mint couscous
Vietnamese sticky noodles
Roasted broccoli, edamame bean,
and chickpea

Desserts

Dark Rich Chocolate mousse pot
Fresh fruit Selection
Assorted Jelly

Tuesday

Soup Station

Fresh soup of the day
served with homemade pumpkin
seed bread and toppers

Main Course

Hunter's chicken thigh

Macaroni cheese

Jacket potatoes with
cheese & baked beans

Fresh Pasta with sauce of the day

Sides

Parmentier potatoes
Green beans
Sweetcorn

Salad Bar

Classic coleslaw
Pea, mint & courgette bulgur wheat
Watermelon and feta

Desserts

Assorted cookies
Fresh fruit Selection
Assorted Jelly

Wednesday

Soup Station

Fresh soup of the day
served with homemade tomato and
herb bread and toppers

Main Course

Pork or chicken sausages

Vegan sausages

Jacket potatoes with
cheese & baked beans

Fresh Pasta with sauce of the day

Sides

Mashed potatoes
Beetroot
Broccoli

Salad Bar

Rice and beans
Quinoa and cauliflower
Peruvian coleslaw

Desserts

Chocolate popcorn bar
Fresh fruit Selection
Assorted Jelly

Thursday

Soup Station

Fresh soup of the day
served with homemade granary
bread and toppers

Main Course

Katsu chicken

Quorn Katsu

Jacket potatoes with
cheese & baked beans

Fresh Pasta with sauce of the day

Sides

Rice
Roasted peppers and courgettes
Green beans

Salad Bar

Crunchy pepper and seed salad
Classic potato salad
Beetroot and orange salad

Desserts

Toffee apple cake with toffee sauce
Fresh fruit Selection
Assorted Jelly

Friday

Soup Station

Fresh soup of the day
served with homemade granary
bread and toppers

Main Course

Breaded fish

Crispy Quorn nuggets

Jacket potatoes with
cheese & baked beans

Fresh Pasta with sauce of the day

Sides

Chips
Garden peas
Baked beans

Salad Bar

Cauliflower, potato and pesto salad
Rice salad
Panzanella salad

Desserts

Yoghurt bar
Fresh fruit Selection
Assorted Jelly

Make it your own daily!

Daily Salads – Mixed leaf, tomato, cucumber, sweetcorn, peppers, beetroot
Salad proteins daily – cheese, egg, tuna, and chicken or ham etc

All our meals are freshly made

Spring Menu — Week 2

Monday

Soup Station

Fresh Italian tomato and basil soup
Served with home-made Artisan
loaf and toppers

Main Dishes

Italian Margherita pizza
Vegetable Spring rolls

Jacket potatoes with
cheese & baked beans

Fresh Pasta with sauce of the day

Sides

Spicy potato wedges
Garden Peas
Sweetcorn

Salad Bar

Herb roasted potatoes
Popped Black bean with Raw Roots
Chipotle and Avocado Salad
Orzo pasta salad with basil

Desserts

Vanilla Pannacotta pot
Fresh fruit
Assorted jelly

Tuesday

Soup Station

Fresh Soup of the day
Served with Crispy Onion bread
and toppers

Main Dishes

Turkey chilli
Sweet potato and bean
Quesadilla

Jacket potatoes with
cheese & baked beans

Fresh Pasta with sauce of the
day

Sides

Pilau rice
Corn on the cob
Charred peppers

Salad Bar

Potato salad
Mixed grains and chickpeas
Chargrilled cauliflower, tomato,
dill and caper

Desserts

Vanilla crispy squares
Fresh fruit
Assorted jelly

Wednesday

Soup Station

Fresh soup of the day
Served with home-made focaccia
and toppers

Main Dishes

Traditional Roast chicken
Creamy Mushroom Gnocchi

Jacket potatoes with
cheese & baked beans

Fresh Pasta with sauce of the
day

Sides

Roast potatoes
Roast Parsnips
Braised red cabbage

Salad Bar

Tomato pasta salad
Red slaw
Puy lentils & heritage tomatoes

Desserts

Sticky toffee pudding with
toffee sauce
Fresh fruit
Assorted jelly

Thursday

Soup Station

Fresh soup of the day
Served with garlic and herb
ciabatta and toppers

Main Dishes

Beef rigatoni
Vegetarian lasagne

Jacket potatoes with
cheese & baked beans

Fresh Pasta with sauce of the
day

Sides

Steamed Broccoli
Carrots

Salad Bar

Sweet chilli noodles
Rocket, spinach and parmesan
Curried chickpea, roasted
cauliflower & baby spinach

Desserts

Chunky Chocolate brownie
Fresh fruit
Assorted jelly

Friday

Soup Station

Fresh soup of the day
Served with toasted sunflower
seed bread and toppers

Main Dishes

Breaded fish
Vegan burger with all the
trimmings

Jacket potatoes with
cheese & baked beans

Fresh Pasta with sauce of the
day

Sides

Chips
Garden Peas
Baked beans

Salad Bar

Cannellini Bean, Cherry Tomato
& Rosemary Salad
Beetroot, carrot & apple salad
Quinoa and roasted peppers

Desserts

Fruity flapjack
Fresh fruit
Assorted jelly

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Salad proteins daily – cheese, egg, tuna, and chicken or ham etc

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Spring Menu — Week 3

Monday

Soup Station

Fresh lightly spiced parsnip soup
Served with garlic and herb bread
and toppers

Main Dishes

Vegetarian pasticcio
Tomato, Spinach & goat's cheese
flatbread
Jacket potatoes with
cheese & baked beans
Fresh Pasta with sauce of the day

Sides

Roasted carrots
Cauliflower

Salad Bar

Fennel coleslaw
Quinoa Tabbouleh
Chickpea and aubergine salad

Desserts

Lemon and courgette cake with
creamy custard
Fresh fruit
Assorted Jelly

Tuesday

Soup Station

Fresh soup of the day
Served with toasted pumpkin seed
bread and toppers

Main Dishes

West African chicken pot
Stuffed red peppers
Jacket potatoes with
cheese & baked beans
Fresh Pasta with sauce of the day

Sides

Jollof Rice
Steamed broccoli
Green beans

Salad Bar

5 bean salad
Caraway Roasted Carrot Beetroot
Chickpeas & Honey Salad
Tomato, rocket & parmesan

Desserts

Rocky road
Fresh fruit
Assorted Jelly

Wednesday

Soup Station

Fresh soup of the day
Served with home-made focaccia
bread and toppers

Main Dishes

Roast Beef with pan roast gravy
Vegetable wellington
Jacket potatoes with
cheese & baked beans
Fresh Pasta with sauce of the day

Sides

Crispy Roast potatoes
Roasted parsnips
Sweetcorn

Salad Bar

Classic potato salad
Pesto pasta with mozzarella
Braised Puy lentils, slow cooked
tomatoes & red onions

Desserts

Apple crumble with creamy custard
Fresh fruit
Assorted Jelly

Thursday

Soup Station

Fresh soup of the day
Served with home-made crispy
onion bread and toppers

Main Dishes

Turkey Fajitas
Vegetable chimichangas
Jacket potatoes with
cheese & baked beans
Fresh Pasta with sauce of the day

Sides

Mexican savoury rice
Loaded corn on the cobs

Salad Bar

Mediterranean pasta salad
Lime and coriander cous cous, black
eyed beans and sweetcorn
Polish cabbage salad

Desserts

Blueberry and carrot muffin cake
Fresh fruit
Assorted Jelly

Friday

Soup Station

Fresh soup of the day
Served with home-made malty loaf
and toppers

Main Dishes

Cod in bread crumbs
Vegan sausage roll
Jacket potatoes with
cheese & baked beans
Fresh Pasta with sauce of the day

Sides

Chips
Garden peas
Baked beans

Salad Bar

Butternut squash, spinach and
feta salad
Beetroot, carrot & apple
Fattoush salad

Desserts

Strawberry cheesecake
Fresh fruit
Assorted Jelly

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Daily Salads – Mixed leaf, tomato, cucumber, sweetcorn, peppers, beetroot
Salad proteins daily – cheese, egg, tuna, and chicken or ham etc

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