

WEEK COMMENCING
 6/11/2023 27/11/2023 18/12/2023 08/01/2024 29/01/2024 19/02/2024
 11/03/2024 01/04/2024 22/04/2024 13/05/2024 03/06/2024
 24/06/2024 15/07/2024

V – Vegetarian
 VE - Vegan

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Beef & Tomato Ragout with Wholegrain Pasta & House Salad

TUESDAY

Kung Pao Chicken, Wholegrain & White Egg Fried Rice with Carrot & Sesame Salad

WEDNESDAY

Glazed British Roast Gammon or Lemon & Thyme Roast Chicken with Crisp Roasties, Roasted Roots & Gravy

THURSDAY

Authentic Chicken Biryani with Tomato, Red Onion & Coriander Salad

FRIDAY

Chip Shop 'Fryday', Fish, Pizza or Fishcake with Chips, Peas & Tartare Sauce

MONDAY

Plant Based Ragout with Wholegrain Pasta & House Salad (VE)

TUESDAY

Asian Vegetable, Soya Bean & noodle Stir Fry with Carrot & Sesame Salad (V)

WEDNESDAY

Baked Macaroni in our Cheesy Sauce with a Crunchy Topping (V)

THURSDAY

Authentic Vegetable Biryani with Tomato, Red onion & Coriander Salad (VE)

FRIDAY

Jamaican Squash Pasty, Sweet Chilli Sauce & Chunky Chips (VE)

DESSERTS

MONDAY

Mixed Berry & Apple Crumble with Cream

TUESDAY

American Style Pancake Bar with Fruit Toppings

WEDNESDAY

Pineapple Upside Down Pudding with Vanilla Custard

THURSDAY

Banoffee Bread & Butter Pudding with Custard

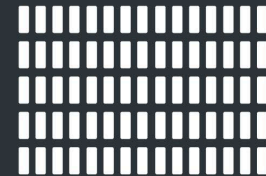
FRIDAY

Manager's Special

FRUIT & YOGHURT POTS AVAILABLE DAILY

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily



MONDAY

Buffalo Cauliflower Wings on Salt & Pepper Wedges (V)

TUESDAY

Greek Souvlaki Chicken

WEDNESDAY

Korean Crispy Fried Chicken

THURSDAY

Mei Goreng Indonesian Fried Noodles (V)

FRIDAY

Manager's Special

NATURALLY



MONDAY

Moroccan Cous Cous & Falafel Bowl (V)

TUESDAY

Vegan Bean & Jalapeno Burrito (VE)

WEDNESDAY

Spiced Paneer & Red Onion Naan (V)

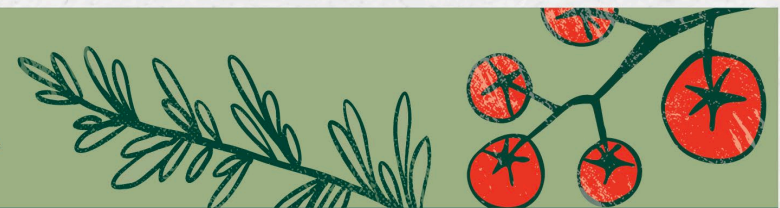
THURSDAY

The Big Plant Burger (VE)

FRIDAY

Vegan Singapore Noodles (VE)

TRATTORIA



MONDAY

Tomato & Basil Pasta

TUESDAY

Manager's Special Pasta

WEDNESDAY

Mozzarella & Tomato Pizza Or Spicy Sausage Pizza

THURSDAY

Manager's Special Pasta

FRIDAY

Mozzarella & Tomato Pizza Or Piri Piri Chicken Pizza

Our Vegetarian and Vegan recipes are approved by the Vegetarian Society.



WEEK COMMENCING
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V – Vegetarian
 VE - Vegan

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Traditional Sausage & Mash, Peas, Carrots & Onion Gravy

TUESDAY

Ramen Bar, Choose Your Toppings

WEDNESDAY

Hand Carved Roast Turkey, Roasties, Roasted Roots & Gravy

THURSDAY

American Style Ground Beef & Macaroni Hash with Slaw & Garden Salad

FRIDAY

Chip Shop 'Fryday', Fish, Pizza or Fishcake with Chips, Peas & Tartare Sauce

MONDAY

Vegan Sausage & Mash, Peas, Carrots & Onion Gravy

TUESDAY

Ramen Bar, Choose Your Toppings

WEDNESDAY

Mature Cheddar, Broccoli & Leek Quiche with Roasted Roots or Garden Salad

THURSDAY

Smashed Butternut Squash Mac & Cheese with Slaw & Garden Salad

FRIDAY

Crispy Onion Pakora Burger with Mango Chutney, Chips & Peas

DESSERTS

MONDAY

Apple Pie & Custard

TUESDAY

Sticky Date & Golden Syrup Pudding

WEDNESDAY

Jam Sponge & Custard

THURSDAY

Pancake Bar with Fruit Toppings

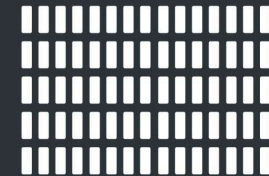
FRIDAY

Manager's Special

FRUIT & YOGHURT POTS AVAILABLE DAILY

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily



MONDAY

Lebanese Cauliflower Khobez

TUESDAY

Chinese Style Vegan Noodles

WEDNESDAY

Loaded Jamaican Jerk Chicken Burger

THURSDAY

Sri Lankan Fried Chicken

FRIDAY

Manager's Special

NATURALLY



MONDAY

Fork Friendly Onion Bhaji Kebab

TUESDAY

Onion Bhaji Naan

WEDNESDAY

Vegan Soya Bean & Vegetable Ramen

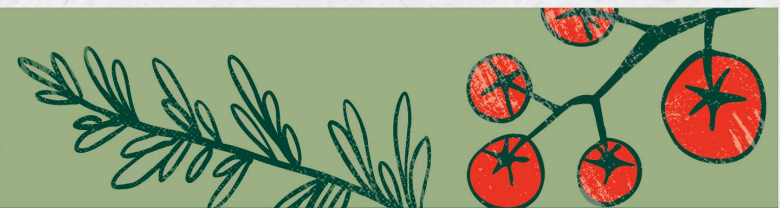
THURSDAY

The Big Plant Burger

FRIDAY

Vegan Bean & Jalapeno Burrito

TRATTORIA



MONDAY

Tomato & Basil Pasta

TUESDAY

Manager's Special Pasta

WEDNESDAY

Mozzarella & Tomato Pizza Or Spicy Sausage Pizza

THURSDAY

Manager's Special Pasta

FRIDAY

Mozzarella & Tomato Pizza Or Piri Piri Chicken Pizza

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WEEK COMMENCING
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V – Vegetarian
 VE - Vegan

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Pasta Bar – Your Choice of Tomato & Pesto, Pepperoni or Alfredo Sauce with Crunchy Toppings

TUESDAY

Lebanese Chicken & Tomato Curry, Pilau Rice & Fattoush Salad

WEDNESDAY

Roast Shoulder of Pork or Roast Salt & Pepper Chicken with Crisp Roasties, Roasted Roots & Gravy

THURSDAY

Mexican Birria Beef Stew with Cilantro Lime Rice

FRIDAY

Chip Shop 'Fryday', Fish, Pizza or Fishcake with Chips, Peas & Tartare Sauce

MONDAY

Roast Stuffed Peppers filled with Quinoa Roasted Tomatoes & Feta Cheese

TUESDAY

Aubergine & Chickpea Curry, Pilau Rice & Fattoush Salad

WEDNESDAY

Roasted Butternut Squash & Edamame Beans Wellington, Crisp Roasties & Gravy

THURSDAY

Mexican Style Vegetarian Chimichanga & Black Bean Salad

FRIDAY

Beetroot Bhaji & Wilted Spinach Flatbread, Harissa Houmous & Minted Yoghurt

DESSERTS

MONDAY

Blackberry & Apple Crumble

TUESDAY

Sticky Lemon Sponge & Custard

WEDNESDAY

Spiced Apple Sponge & Cinnamon Custard

THURSDAY

Baked Churros with Chocolate Sauce

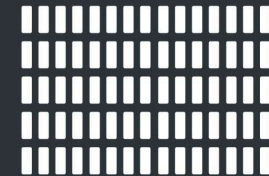
FRIDAY

Manager's Special

FRUIT & YOGHURT POTS AVAILABLE DAILY

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily



MONDAY

Louisiana Dirty Rice

TUESDAY

Mozambique Peri Peri Chicken

WEDNESDAY

Yaroa Dominican - Minced Beef & Pepper Loaded Wedges

THURSDAY

Gnocchi with Mushrooms, Spinach & Pest topped with Crispy Onions & Shaved Cheese

FRIDAY

Manager's Special

NATURALLY



MONDAY

Moroccan Cous Cous & Falafel Bowl

TUESDAY

Vegan Bean & Jalapeno Burrito

WEDNESDAY

Indian Spiced Rice & Paneer Bowl

THURSDAY

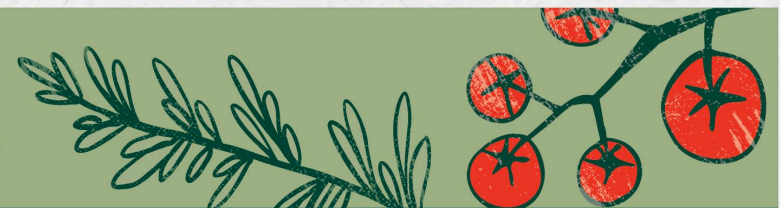
The Big Plant Burger

FRIDAY

Vegan Singapore Noodles



TRATTORIA



MONDAY

Tomato & Basil Pasta

TUESDAY

Manager's Special Pasta

WEDNESDAY

Mozzarella & Tomato Pizza Or Spicy Sausage Pizza

THURSDAY

Manager's Special Pasta

FRIDAY

Mozzarella & Tomato Pizza Or Piri Piri Chicken Pizza

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