

**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, 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

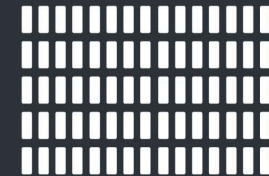
**FRIDAY**

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)

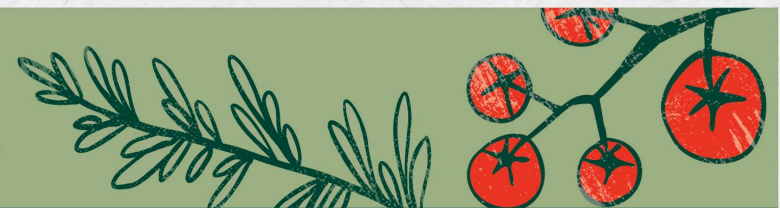
**THURSDAY**

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**  
 23/10/2023 13/11/2023 04/12/2023 15/01/2024 05/02/2024 26/02/2024  
 18/03/2024 08/04/2024 29/04/2024 20/05/2024 10/06/2024  
 01/07/2024 22/07/2024

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 (VE)

**TUESDAY**

Ramen Bar, Choose Your Toppings

**WEDNESDAY**

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

**THURSDAY**

Smashed Butternut Squash Mac & Cheese with Slaw & Garden Salad (V)

**FRIDAY**

Crispy Onion Pakora Burger with Mango Chutney, Chips & Peas(VE)

### DESSERTS

**MONDAY**

Apple Pie & Custard

**TUESDAY**

Sticky Date & Golden Syrup Pudding

**WEDNESDAY**

Jam Sponge & Custard

**THURSDAY**

Pancake Bar with Fruit Toppings

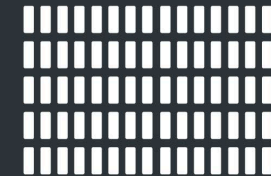
**FRIDAY**

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 (V)

**TUESDAY**

Chinese Style Vegan Noodles (VE)

**WEDNESDAY**

Loaded Jamaican Jerk Chicken Burger

**THURSDAY**

Sri Lankan Fried Chicken

**FRIDAY**

Manager's Special

## NATURALLY



**MONDAY**

Fork Friendly Onion Bhaji Kebab (V)

**TUESDAY**

Onion Bhaji Naan (V)

**WEDNESDAY**

Vegan Soya Bean & Vegetable Ramen (VE)

**THURSDAY**

The Big Plant Burger (VE)

**FRIDAY**

Vegan Bean & Jalapeno Burrito (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**  
 30/10/2024 20/11/2023 11/12/2023 01/01/2024 22/01/2024 12/02/2024  
 04/03/2024 25/03/2024 15/04/2024 06/05/2024 27/05/2024  
 17/06/2024 08/07/2024

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, 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 (V)

#### TUESDAY

Aubergine & Chickpea Curry, Pilau Rice & Fattoush Salad (VE)

#### WEDNESDAY

Roasted Butternut Squash & Edamame Beans Wellington, Crisp Roasties & Gravy (VE)

#### THURSDAY

Mexican Style Vegetarian Chimichanga & Black Bean Salad (V)

#### FRIDAY

Beetroot Bhaji & Wilted Spinach Flatbread, Harissa Houmous & Minted Yoghurt(V)

### DESSERTS

#### MONDAY

Blackberry & Apple Crumble

#### TUESDAY

Sticky Lemon Sponge & Custard

#### WEDNESDAY

Spiced Apple Sponge & Cinnamon Custard

#### THURSDAY

Baked Churros with Chocolate Sauce

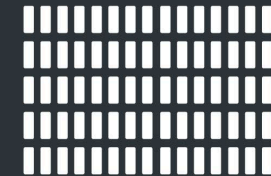
#### FRIDAY

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 (VE)

#### 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 (V)

#### FRIDAY

Manager's Special

## NATURALLY



#### MONDAY

Moroccan Cous Cous & Falafel Bowl (V)

#### TUESDAY

Vegan Bean & Jalapeno Burrito (VE)

#### WEDNESDAY

Indian Spiced Rice & Paneer Bowl (V)

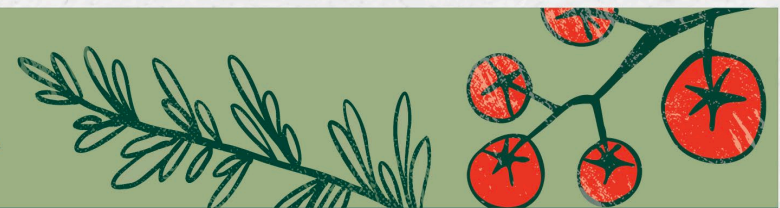
#### THURSDAY

The Big Plant Burger (VE)

#### FRIDAY

Vegan Singapore Noodles (VE)

## TRATTORIA



#### MONDAY

Tomato & Basil Pasta

#### TUESDAY

Manager's Special Pasta

#### WEDNESDAY

Mozarella & Tomato Pizza Or Spicy Sausage Pizza

#### THURSDAY

Manager's Special Pasta

#### FRIDAY

Mozarella & Tomato Pizza Or Piri Piri Chicken Pizza

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

