

<b>LUNCH MENU</b>							
<b>WEEK 1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY BRUNCH</b>
<b>Main Counter</b>	Chicken Korma Wholemeal rice Green beans, mange tout	Lamb Tagine Roasted vegetable Cous Cous	Sweet Chilli Chicken Stir fried Corn, red onions, peppers Prawn crackers	Chicken and smoked bacon carbonnara Greens	Breaded fillet of plaice or Grilled fillet of cod with tartare sauce and lemon	Coronation Chicken  Tuna & spring onion mayo	Grilled back bacon  Oven baked local sausages ( Gluten free sausages available)
<b>Vegetarian Option</b>	Sweet potato and vegetable korma	Chick pea Tagine	Vegetable & Quorn stir fry	Mushroom and parmesan carbonnara	Broccoli quiche	Boiled Eggs with Cos and Salad cream	Scrambled free range egg
<b>On the Side</b>	Mini poppadoms, mango chutney, raita	Flatbread Houmous	Coriander and spring onion noodles	Spaghetti Garlic bread	Mushy peas, garden peas, chips	New potatoes	Hash browns
<b>LIGHTER LUNCH COUNTER</b>							
<b>Pasta &amp; Homemade Sauce</b>	Linguini with garlic butter, spinach and grated parmesan	Macaroni and cheese	Pasta shells with prawns, parsley and lemon butter	Spaghetti with Arrabiata sauce	Penne pasta with olives, garlic, parmesan and spinach	Macaroni and cheese	Sautéed mushrooms
<b>Jacket Potatoes</b>	With Heinz baked beans or please choose from the selection of toppings available on the salad or deli bar.					With Heinz baked beans or tuna & cheese	Spaghetti hoops  Heinz baked beans
<b>Homemade Soup &amp; Bread</b>	Tomato and basil soup with cheese loaf	Leek and potato soup with poppy seed bread	Chicken and lentil soup with crusty wholemeal bread	Butternut squash and ginger soup with white tin loaf	Pea & mint soup with salt and pepper loaf	Chicken noodle soup with baguettes	Plum tomatoes  White & wholemeal toast
<b>DINING ROOM COUNTER</b>							
Mixed leaves Tomatoes Cucumber Grated Cheese Plus... <b>Today's salads and protein</b>	Honey & mustard glazed ham  Mozzarella, cherry tomato and basil  Ranch Potato & Bacon Salad	Carrots, celery, breadsticks & Houmous  Tuna mayo, spring onion and sweetcorn.  Greek salad	Chicken Caesar salad  Quinoa, sun blushed, red onion  Thai style radish & carrot	Cheese, biscuits, grapes & chutney  Orzo pasta, cherry tomatoes & pesto  Apple & Fennel coleslaw	Anti pasti with salamis, olives, rocket & pickles  Beetroot, feta and mint salad  Classic Caesar salad	Mixed leaves Tomatoes Cucumber Grated Cheese Coleslaw Minted Green bean, pea & feta	With butter, marmite, jam, honey, Nutella.  Granola, fruit and natural yoghurt.  Pastries
<b>Fruit</b>	Sliced platters of fresh fruit	Sliced platters of fresh fruit	Sliced platters of fresh fruit	Sliced platters of fresh fruit	Sliced platters of fresh fruit	Sliced platters of fresh fruit	

<b>SUPPER MENU</b>							
<b>WEEK 1</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>Main Counter</b>	Beef lasagne	Pan Fried Pork Loin Steak  Piri piri Sauce	6 oz. prime beef burger with Monterey Jack cheese, burger relish, pickles	Roast Turkey  Cranberry sauce	Chicken style Katsu curry Grilled or fried chicken	French bread pizza with a selection of toppings	Roast joint of gammon ham
<b>Vegetarian Option</b>	Vegetable lasagne	Piri piri Quorn fillet	pepper & halloumi grill	Brie and cranberry tart	Potato and cauliflower curry	French bread pizza, peppers, onions, rocket	Cheese and herb frittata
<b>On the Side</b>	Garlic ciabatta	Potato croquettes	Sweet potato fries Or julienne fries	Roast potatoes	Coconut rice  Curry sauce	Spiced potato wedges	Warm new potato salad
<b>Vegetables</b>	Roasted peppers, onions & tomatoes	Sautéed Cougettes  Roasted Cauliflower	Warm slaw Sliced tomatoes and red onion salad	Steamed Broccoli  Honey roasted carrots	Green beans and mange tout Sesame seeds	Coleslaw  Corn on the cob	Peas
<b>LIGHTER MEALS</b>							
<b>Pasta</b>	Chefs pasta dish	Chefs pasta dish	Chefs pasta dish	Chefs pasta dish	Chefs pasta dish	Chefs pasta dish	Chefs pasta dish
<b>Jacket potatoes</b>	With Heinz baked beans or please choose from the selection of toppings available on the salad bar						
<b>Homemade Soup &amp; Bread</b>	Tomato and basil soup with cheese loaf	Leek and potato soup with poppy seed bread	Chicken and lentil soup with crusty wholemeal bread	Butternut squash and ginger soup with white tin loaf	Pea & mint soup with salt and pepper loaf	Chicken noodle soup with baguettes	
<b>Today's Desserts</b>	Apple crumble with custard  Tart au citron	Chocolate cake with chocolate sauce Fruits of the forest Eton mess	Sticky toffee pudding  Fruit jellies	Syrup sponge & custard  Rocky road	Orange, lemon & poppy seed cake with cream  Chocolate profiteroles	Warm chocolate brownie  Butterscotch whip	Chefs choice
<b>Evening Salad Bar</b>	Mozzarella, cherry tomato and basil  Ranch Potato & Bacon Salad	Tuna mayo, spring onion and sweetcorn.  Greek salad	Quinoa, sun blushed, red onion  Thai style radish & carrot	Orzo pasta, cherry tomatoes & pesto  Apple & Fennel coleslaw	Beetroot, feta and mint salad  Classic Caesar salad	Tuna mayonnaise  Mixed leaves Tomatoes Cucumber Grated Cheese	Mixed leaves Tomatoes Cucumber Grated Cheese
<b>Fruit</b>	Whole fruit basket	Whole fruit basket	Whole fruit basket	Whole fruit basket	Whole fruit basket	Whole fruit basket	Whole fruit basket

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