

Lunch Menu

This menu is available on the following dates
 3rd September, 24th September, 15th October, 12th
 November, 3rd December

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Station	Soup of the Day Served with chilli flakes, seeds & croutons croutons	Soup of the Day Served with chilli flakes, seeds & croutons croutons	Soup of the Day Served with chilli flakes, seeds & croutons croutons	Soup of the Day Served with chilli flakes, seeds & croutons croutons	Soup of the Day Served with chilli flakes, seeds & croutons seeds & croutons
Main Meal of the Day the Day	Vegetarian Bolognese Served with Spaghetti Or Quorn Sausages with Mashed Potatoes, Onion Potatoes, Onion Gravy	Traditional Lasagne served with Garlic Bread Garlic Bread Or Vegetarian Lasagne served with Garlic Bread Garlic Bread	Roast Chicken with Stuffing, Roasted Herby Roasted Herby Potatoes and Gravy Gravy Or Spicy Bean Burger in a Bun with salad	 Chicken or Vegetable Curry served with Cucumber Raita, Sag Aloo, Naan Sag Aloo, Naan Bread and Mango Chutney Mango Chutney	Catch of the Day served with with Chips, Lemon Wedge & Wedge & Tartare Sauce Or Mushroom and Spinach Risotto
Sides	Broccoli Fresh Mixed Salad	Green Beans Fresh Mixed Salad	Cabbage Roasted Parsnips and Carrots Fresh Mixed Salad	Sweetcorn Fresh Mixed Salad	Peas and Baked Beans Fresh Mixed Salad
Hot Grab & Go	Vegetarian Chilli Burrito	Ham & Cheese Flat Bread		Beef Chilli Wrap	Meatball and Cheese Sub
Pasta Kitchen	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked Beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked Beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked Beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked Beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked Beans & cold toppings
	Wholemeal Apple Crumble & Vanilla Custard	Vanilla Shortbread	Pear and Ginger Muffin	Pineapple Upside Down Cake & Custard	Rice Pudding with Mixed Berry Compote
A daily selection of Fresh Grab & Go items are also available Some dishes may vary & are subject to availability					

Lunch Menu

This menu is available on the following dates 10th September, 1st October, 29th October, 19th November, 10th December

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Station	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons
Main Meal of the Day	Lentil Bolognaise with Wholemeal Pasta and Fresh Rocket Or Mushroom and Spinach Risotto	 Chilli Beef or Pulled Pork or Mexican Vegetable Fajitas served with Mexican Rice, Taco or Soft Tortilla (served with sides below)	Roast Turkey with New Potatoes and Gravy Cheese & Potato Pie Layered with Tomato and Spinach	 Marinated Chicken pieces or Falafel & Hummus served in a Khobez wrap with Tabbouleh & crunchy Slaw. Add your sauce	Catch of the Day served with Chips, Lemon Wedge & Tartare Sauce Spanish Omelette with Rocket and Red Pepper Salad and Homemade Potato Wedges
Sides	Green Beans Roasted Butternut Squash Fresh Mixed Salad	Sweetcorn Fresh Mixed Salad Nachos with cheese Mexican Slaw	Carrots Savoy Cabbage Fresh Mixed Salad	Sweetcorn Relish Fresh Mixed Salad	Baked Beans Peas Fresh Mixed Salad
Hot Grab & Go	Fish Finger Bap	Bacon & Cheese Flat Bread	 Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked beans & cold toppings	Hot BBQ Chicken Wrap	Beef chilli Tacos
Pasta Kitchen	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked Beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked Beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked Beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked Beans & cold toppings
	Chocolate and Mandarin Brownie	Bread and Butter Pudding with Custard	Banana Loaf	Wholemeal Peach Crumble with Custard	Pear Sponge with Custard
<p>A daily selection of Fresh Grab & Go items are also available Some dishes may vary & are subject to availability</p>					

Lunch Menu

This menu is available on the following dates
 17th September, 8th October, 5th November, 26th
 November, 17th December

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Station	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons
Main Meal of the Day	Aubergine, Mushroom and Lentil Moussaka Or Tomato and Mushroom Quiche with ½ Jacket Potato	 Marinated chicken or Roasted Vegetable Ratatouille with Feta Cheese (served with sides below)	Roast Gammon with Roasted New Potatoes and Gravy Or Roasted Vegetable and Butternut Squash Frittata	 Vegetable Curry Served with Sag Aloo, Naan Bread and Mango Chutney	Catch of the Day served with Chips, Lemon Wedge & Tartare Sauce Or Chinese Mushroom and Black Bean Stir Fry with Egg Noodles
Sides	Roasted Mediterranean Vegetables Peas Fresh Mixed Salad	Green Beans Fresh Mixed Salad Garlic Bread Onion Rings Wedges Cajun Rice	Cauliflower Green Beans Fresh Mixed Salad	Sweetcorn Fresh Mixed Salad	Peas Baked Beans Fresh Mixed Salad
Hot Grab & Go	Vegetarian Chilli Burrito	Piri Piri Chicken Flat Bread	 Cheese	BBQ Sausage Wrap	Cheese & Tomato Flat Bread
Pasta Kitchen	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked Beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked Beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked Beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked Beans & cold toppings
	Chocolate and Orange Sponge with Chocolate Sauce	Mixed Summer Fruit Crumble with Custard	Carrot Cake	Apple Strudel with Custard	Pineapple Loaf
A daily selection of Fresh Grab & Go items are also available Some dishes may vary & are subject to availability					