



Menu WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SIGNATURE MENU COMBO

Soup/ Bread

Tomato & Basil (Ve)

Honeyed Carrot & Orange Soup (V)

Country Root Vegetable (Ve)

Minestrone (Ve)

Pea and Mint (Ve)

Soup Extra

All served with optional Petit Pain & Soup Sprinkles: Pumpkin Seed, Sunflower Seed, Croutons, Chilli Flakes

Main Course

Rich Beef Spaghetti Bolognese

Chicken Shawarma Flatbreads

Roasted Chicken with Sage & Onion Stuffing & Gravy

Creamy Chicken & Leek Pot Pie

Battered Fish

Vegetarian Mains

Mushroom & Spinach Tartiflette (V)

Lebanese Aubergine & Chickpea Stew (Ve)

Roast Quorn Fillet with Sage and Onion Stuffing & Gravy (Ve)

Sweet Potato Shepherdess Pie (Ve)

Calzone (V)

Sides

Garlic & Herb Bread, Garden Peas & Garlic Roasted Tomatoes

Brown & White Rice, Grilled Vegetables, Fattoush

Roast Potatoes, Honey Roasted Parsnips and Savoy Cabbage

Parmentier Potatoes, Cumin Roasted Carrots & Steamed Broccoli

Chips, Mushy Peas, Lemon Wedge, Tartare Sauce, Ketchup,



Soy and Miso Broth, Spring Onions, Beansprouts, Vegetables and Rice Noodles topped with Coriander Chicken OR Pulled Pork OR Fried Tofu (Ve)



12.5in Pizza by the Slice Margherita (V) OR Pepperoni OR Chicken & Sweetcorn served with Tomato Salad, Garlic Bread & Sauces



Beef Quarter Pounder OR Plant Burger (Ve) OR Spicy Bird Burger served with Fries, Slaw, Dip Pots



10in Tortilla Wrap, Spicy Rice and Salad with Chipotle Chicken OR Pulled Beef Brisket OR Falafel (Ve) served with Paprika Fries



Chicken Tenders 3/ 5 / 8 OR Popcorn Chicken OR Spicy Wings OR Chick 'n' Waffle served with Gravy, Dip Pots

Nourish Bowls

Jerk Chicken Bowl

Falafel & Humous Bowl (Ve) (NEW)

Cob Style Protein Bowl

Green Goddess Bowl (V) (NEW)

Sweet Chilli Poke Bowl (Ve)

Daily Special Salad

Tomato Parmesan Salad & Pea Shoots

Greek Salad

Sweet Chilli Noodle Salad

Caesar Salad

Crushed Potatoes with a Horseradish Yoghurt Dressing

Dessert

Steamed Pear & Chocolate Sponge & Chocolate Custard (50%)

Bread Butter Pudding & Chantilly Cream

Autumn Fruit Crumble & Custard (50%)

Treacle Tart & Custard

Pineapple Upside-down Cake & Custard

Allergen information :

Please ask our team for information about ingredients in foods that contain celery, crustaceans, eggs, fish, gluten, lupins, milk, molluscs, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphates, and tree nuts. Freshly made sandwiches, baguettes, and a range of seasonal salads are available daily.

DAILY FOOD OFFERS!

Daily Pasta

PASTA POMODORO CHEESY PASTA



TOPPED & Loaded

JACKET POTATO POTATO SKINS CHEESE BEANS COLESLAW



Daily Salad Bar

TOMATO · CUCUMBER · LETTUCE · SWEETCORN · BEETROOT · GRATED CARROT · COLESLAW



DRESSINGS

RANCH · CAESAR · VINAGRETTE · BALSAMIC · OILS · SWEET CHILLI



Fresh Fruit

SATSUMAS BANANA PEARS APPLES





Menu WEEK 2

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SIGNATURE MENU COMBO

Soup/ Bread

Sweet Potato & Red Pepper (Ve)

Spicy Lentil (Ve)

Leek and Potato (Ve)

Carrot & Sweet Potato (Ve)

Potato & Mushroom (Ve)

Soup Extra

All served with optional Petit Pain & Soup Sprinkles: Pumpkin Seed, Sunflower Seed, Croutons, Chilli Flakes

Main Course

Nonna's Beef Lasagne

Korean Gochujang Chicken

Roasted Chicken with Sage & Onion Stuffing & Gravy

Cottage Pie Topped with Swede Mash & Gravy

Battered Fish

Vegetarian Mains

Moroccan Tagine with Couscous (Ve)

Crispy Crumbed Katsu Quorn Curry (v)

Toad in the Hole with Onion Gravy (v)

Creamy Quorn Pie (v)

Falafel Burger with Lettuce, Tomato & Tzatziki in a Bun (Ve)

Sides

Garlic Focaccia, Green Beans Corn Cobettes

Brown & White Rice, Ponzu Slaw Cucumber Salad

Crispy Roasties, Roasted Root Veg Steamed Broccoli

Mustard Mash, Roasted Root Veg Savoy Cabbage

Chips, Garden Peas, Lemon Wedge Tartare Sauce, Ketchup



Dogs in a Brioche Roll Regular Dog OR Plant Dog (v) Pulled Pork served with Fries, Crispy Onions, Slaw & Sauces



12.5in Pizza by the Slice Margherita (v) OR Pepperoni Chicken & Sweetcorn served with Tomato Salad, Garlic Bread & Sauces



Beef Quarter Pounder OR Plant Burger (Ve) OR Spicy Bird Burger served with Fries, Slaw, Dip Pots



Chicken Tikka Massala OR Chicken Biryani OR Cauliflower & Chick Pea Masala (Ve) served with Pilau Rice, Fries, Naan, Poppadum, Onion Bhaji, Samosa



Piri Piri Chicken OR Lemon & Herb Chicken OR Piri Piri Haloumi (v) served with Lemon & Herb Rice, Sweet Potato Fries, Slaw, Chilli Corn, Charred Broccoli



Nourish Bowls

Indian Roasted Cauliflower Buddha Bowl (Ve) NEW

Bibimbap Korean Rice Bowl (v)

Roasted Roots Nourish Bowl (v)

Chicken Pesto Nourish Bowl (NEW)

Burrito Bowl (v)

Daily Special Salad

Rocket Spinach & Italian Cheese Salad

Fattoush Salad

Shaved Courgette Tomato Salad

Watermelon, Cucumber & Feta Salad

Tomato Mozzarella Salad

Dessert

Carrot & Orange Cake (v)

Steamed Sultana Sponge & Custard (v)

Black Forest Crumble & Custard (v)

Chocolate Sponge & Chocolate Sauce (v)

Apple Strudel & Custard (v)

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Fresh Fruit

SATSUMAS BANANA PEARS APPLES





Menu WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SIGNATURE MENU COMBO

Soup/ Bread

Tuscan Bean (Ve)

Sweet Pepper & Tomato (Ve)

Spiced Cauliflower (Ve)

Fiery Chickpea Harissa (Ve)

Parsnip & Apple (Ve)

Soup Extra

All served with optional Petit Pain & Soup Sprinkles: Pumpkin Seed, Sunflower Seed, Croutons, Chilli Flakes

Main Course

Bangers 'n' Mash with Red Onion Gravy

Kung Pao Chicken with Egg Fried Rice

Roast Beef with Yorkshire Pudding, Gravy & Horseradish Sauce

Beef & Mushroom Slice

Battered Fish

Vegetarian Mains

Chilli Non Carne with Brown & White Rice (Ve)

Chow Mein Noodles with Black Bean Sauce (v)

Spiced Lentil Nutless Loaf (v)

Mac 'n' Cheese with a Crispy Crumb (v)

Loaded Quorn Posh Dog (v)

Sides

Cumin Roasted Carrots Garden Peas

Steamed Broccoli Stir Fried Veg

Crispy Roast Potatoes Roasted Root Veg Steamed Savoy Cabbage

Herby Diced Potatoes Cauliflower & Broccoli Sweetcorn

Chips, Homemade Baked/ BBQ Beans, Lemon Wedge, Tartare Sauce, Ketchup



MEZZE

Chicken Shawarma Roasted Cauliflower & Citrus Yakhnet (Ve) served with Khobez bread, Houmous, Fattoush, Tabbouleh & Chilli Sauce



12.5in Pizza by the slice Margherita (v) OR Pepperoni Ham & Pineapple served with Tomato Salad, Garlic Bread & Saucess



Beef Quarter Pounder OR Plant Burger (Ve) OR Maple Bacon Burger served with Fries, Slaw, Dip Pots



Chicken Tenders 3/ 5 / 8 OR Popcorn Chicken OR Spicy Wings OR Spicy Chicken Burger served with Gravy, Dip Pots



Dogs in a Brioche Roll Regular Dog OR Plant Dog (v) OR Teriyaki Dog served with Fries, Crispy Onions, Sauces, Slaw

Nourish Bowls

Piri Piri Chicken Bowl (NEW)

Teryiaki Quorn Noodle Bowl (v)

Sweet Potato & Spiced Chickpea Buddha Bowl (Ve)

Harissa Couscous Falafel Bowl (Ve) (NEW)

Salmon Poke Bowl

Daily Special Salad

Potato Salad with Sour Cream & Chives

Chickpea Beetroot Salad

Sweet Potato, Lime & Coriander Salad

Caesar Salad

Tomato & Roasted Pepper Salad

Dessert

Lemon Drizzle Cake (v)

Banana Bread Butter Pudding & Chocolate Sauce (v)

Toffee Apple Crumble & Custard (v)

Iced School Sponge with Sprinkles (v)

Pineapple Pastry Squares (Ve)

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