

	Hot Meal	Vegetarian	Salad Bar	Dessert
Monday	Beef & Oregano Meatballs with Tomato & Baby Spinach Sauce, Wholemeal Penne Pasta, Lemon & Thyme Roasted Courgettes & Garlic Bread	Cannellini Bean Falafel with Mixed Bean Salsa & Apricot Couscous	Baby Gem, Radish & Egg Smoked Mackerel & Sweet Red Onions	Steamed Chocolate Sponge, with Thick Chocolate Custard
Tuesday	Tandoori Style Chicken Tikka Korma Curry with Coriander Basmati Rice, Chutney, Naan Bread & Poppadum's	Roasted Vegetable Paella with Roquette & Sun Blushed Tomato Salad	Panzanella Lemon & Thyme Poached Sliced Chicken Smoked Mackerel & Sweet Red Onions	Banana Smoothie
Wednesday	BBQ Pulled Pork Shoulder Wrap with Seasoned Wedges, Mexican Black Beans, Shredded Lettuce, Slaw & Guacamole	Vegan Sausages, with Sweet Potato Mash, Savoy Cabbage & Vegetable Gravy	Garlicky Mayonnaise Savoy Cabbage with Toasted Seeds Mixed Charcuterie Poached Salmon Fillets	Hot Fruity Flapjack & Pouring Cream
Thursday	Sweet & Sour Sticky Chicken Wings with Stir Fried Vegetable Egg Noodles & Prawn Crackers	Sweet Potato, Chick Pea & Courgette Curry with Spiced Potatoes & Peas	Mixed Olive, Cherry & Plum Tomato with Za'atar Yoghurt Dressing Lemon & Thyme Poached Sliced Chicken Poached Salmon Fillets	Baked Apple Clafoutis with Cinnamon Custard
Friday	Adnams Beer Battered Haddock with Chunky Chips, Petit Pois, Tartare Sauce, Lemon Wedges, Salt & Vinegar	Roasted Butternut Squash with Sage & Spinach Sauce & Fresh Tagliatelle	Garden Salad Mixed Charcuterie	Forest Berry & Meringue Ice Cream

Daily Salad Available - Plain Green Salad, Fresh Plum Tomato Salad, Grated Carrot, Cucumber, Corn, Petit Pois, Cooked Beetroot, Plain Pasta Salad, Crudités, Plain Croutons, Grated Cheddar, Tuna, Hard Boiled Hen's Egg, Sliced Ham, Fresh Bread. Deli – Jacket Potato, Pasta with 2 Different Sauce Options