

SAMPLE MENU

WEEK TWO

MONDAY

Buttermilk crispy baked southern chicken
Boston BBQ beans with chunky roast veg (V)

TUESDAY

Slow cooked beef ragout with spaghetti and
homemade foccacia
Rustic ratatouille bruschetta with fresh basil (V)

WEDNESDAY

Honey & wholegrain mustard glazed Gammon with
gravy
Mushroom and feta seeded strudel (V)

THURSDAY

Chicken, spinach and puy lentil balti
Homemade beetroot and chickpea bhajis on a
flatbread with mint chutney (V)

FRIDAY

Battered fish goujon with lemon and homemade
tartare sauce
Pasta pomodoro with Garlic and herb ciabatta (V)

LUNCH

Main
Vegetarian

SIDES

Carbs, Vegetables,
Salad Bar, Homemade Bread

Paprika wedges
Corn cobbettes, Wilted greens
Panzanella tomato, olive and rustic croutons
Tomato and Basil loaf

Freshly cooked spaghetti
Steamed broccoli, Thyme roasted Butternut
squash
New potato, radish, cucumber and dill
allotment salad
Garlic and herb foccacia

Garlic parmesan roast new potato
Roasted root vegetables, garden peas
Balsamic roast beetroot, spinach and
edamame bean
Wholegrain seeded

Coconut and lime basmati
Cumin roast carrots
Red onion, tomato and aubergine
Herby dressed baby potato salad
Smokey paprika loaf

Oven baked chips
Peas | Mushy peas | Baked beans
Sweet potato and black bean tex mex
White tin loaf

DESSERTS

Deserts, Fruit & Yogurt

Warm banana caramel loaf
Pineapple, yoghurt and lime sherbert pot
Seasonal whole fruit
Organic Fruit Yoghurt Pot
with a selection of toppings

Homemade chocolate brownie
Lemon curd thumbprint cookie
Sliced seasonal fruit platter - Watermelon,
pineapple, berries, grapes
Organic Fruit Yoghurt Pot
with a selection of toppings

Blueberry and orange pancake traybake
Eton mess
Seasonal whole fruit
Organic Fruit Yoghurt Pot
with a selection of toppings

Cinnamon apple strudel
Ginger and oat cookie
Sliced seasonal fruit platter - Watermelon,
pineapple, berries, grapes
Organic Fruit Yoghurt Pot
with a selection of toppings

Homemade warm chocolate oreo muffin
Popcorn pots
Seasonal whole fruit
Organic Fruit Yoghurt Pot
with a selection of toppings

Salad Bar | Freshly cooked Pasta with a choice of sauces and toppings
Available daily