

Standard Lunch Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Salad bar</b>	Salad bar available daily: choose from baked potato, salad leaves, sliced red onion, tomato, cucumber, sliced peppers, coleslaw and a selection of salad dressings, cold meats and cheeses						
<b>Salad Bar (on rotation)</b>	Tuna mayo, sliced boiled eggs, pasta salads, sliced beetroot, 5 bean salad, pickled onions, gherkins, capers, sweetcorn, potato salads						
<b>Soup of the day</b>	Carrot & Coriander	Lentil	Potato & Leek	Chicken & Rice	Cream of Tomato	Vegetable Broth	Spiced Tomato & Red Pepper
<b>Main dish</b>	Herb roasted spring chicken	Beef burrito (mild)	Roasted chicken thighs with a chasseur sauce	Bacon chops with a coarse grain mustard sauce	Traditional chip shop favourites	Chicken curry (mild)	Roast of the day
<b>Vegetarian main</b>	Honey & mustard Quorn chicken	Mushroom stir fry	Cherry tomato & basil quiche	Spinach & mushroom omelette	Vegetable enchilada	Thai green vegetable curry	Spring onion & cheddar quiche
<b>Vegetables</b>	Garlic roasted courgettes	Steamed sweetcorn & peas	Steamed broccoli	Medley of peas	Garden peas	Wilted spinach & kale	Roast root vegetables
<b>Carbohydrate</b>	Boulangère potatoes	Braised rice	New season potatoes	Sautéed potatoes	Hand cut potato wedges	Brown rice	Thyme roasted potatoes

### Performance Menu Additions

<b>Salad bar/condiments</b>	Mixed leaf salad, extra virgin olive oil, balsamic vinegar, house dressing (rotated regularly), chef's selection of cold meats, tomato ketchup, mustard, mayonnaise, salsa, crème fraiche, organic butter, selection of brown and malted breads						
<b>Speciality salad (on rotation)</b>	Sliced tomato & mozzarella, tomato and feta salad, boiled egg salad, Waldorf salad, shredded beetroot salad, sweet pepper salad, green & black olive salad, cous cous salad, coarse grain & chive potato salad, pesto, black olive & sun blush tomato pasta salad, caesar chicken pasta salad						
<b>Single salad item (on rotation)</b>	Sun blush tomatoes, pulled herb chicken, sliced beetroot, mixed cherry, plum and piccolo tomatoes, stuffed peppers, sweet pointed peppers, selection of olives, mixture of seeds, caesar chicken bar, sweet chilli chicken & coriander, smoked paprika eggs						
<b>Main dish</b>	Thai style fishcakes	Gammon steaks with a chive & cheddar sauce	Chicken & field mushroom risotto	Turkey & spinach lasagne	Beef ragu	Lemon & cracked black pepper pork loin	King Arthur roast beef
<b>Vegetables</b>	Steamed kale	Roasted baby vegetables	Steamed asparagus	Braised savoy cabbage	Medley of peas	Roasted red onion, courgette & aubergine	Roasted chantenay carrots
<b>Carbohydrate</b>	Chilli tossed egg noodles	Quinoa salad	None	Garlic bread	Tricolour fusilli	Steamed mid potatoes	Mustard mash & Yorkshire puddings

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Standard Dinner Menu	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Salad bar</b>	Salad bar available daily: choose from, salad leaves, sliced red onion, tomato, cucumber, sliced peppers, coleslaw and a selection of salad dressings, cold meats and cheeses						
<b>Salad Bar (on Rotation)</b>	Tuna mayo, sliced boiled eggs, pasta salads, sliced beetroot, 5 bean salad, pickled onions, gherkins, capers, sweetcorn, potato salads						
<b>Soup of the day</b>	Lentil	Potato & Leek	Chicken & Rice	Cream of Tomato	Vegetable Broth	Spiced Tomato & Red Pepper	Carrot & Coriander
<b>Main dish</b>	Penne Bolognese	Lemon & herb pork loin	Cajun or BBQ turkey escalope	Chicken, leek & mushroom pasta bake	Cumberland sausages	Hearty beef & vegetable stew	Chicken Katsu curry (mild)
<b>Vegetarian main</b>	Quorn sausages in a rich onion gravy	Halloumi fritters	Quorn burger	Black eyed bean chilli	Spinach & ricotta cannelloni	Pesto cous cous stuffed mushroom	Vegetable tempura
<b>Carbohydrate</b>	Baby potatoes	Herby cous cous	Wholegrain bap, sweet potato fries	Sticky rice	Creamy mash potato	Steamed potatoes	Braised rice
<b>Vegetables</b>	Steamed greens	Roasted peppers, onions & cherry tomatoes	Crunchy Asian slaw	Steamed greens	Braised leeks	Steamed carrots	Pickled vegetables
<b>Pudding</b>	Belgian waffles, assorted toppings & maple syrup	Traditional flapjack	Fresh baked cookie	Chocolate brownie	Pancakes sliced fruit & honey	Fresh Greek yoghurt & compote	Cheesecake
	Bowl of mixed and seasonal fruits						
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<b>Speciality salad (on rotation)</b>	Sliced tomato & mozzarella, tomato and feta salad, boiled egg salad, Waldorf salad, shredded beetroot salad, sweet pepper salad, green & black olive salad, cous cous salad, coarse grain & chive potato salad, pesto, black olive & sun blush tomato pasta salad, caesar chicken pasta salad						
<b>Single salad item (on rotation)</b>	Sun blush tomatoes, pulled herb chicken, sliced beetroot, mixed cherry, plum and piccolo tomatoes, stuffed peppers, sweet pointed peppers, selection of olives, mixture of seeds, caesar chicken bar, sweet chilli chicken & coriander, smoked paprika eggs						
<b>Bread</b>	Selection of brown and malted breads						
<b>Main dish</b>	Braised steak	Baked cod	Beef stroganoff	Creamy fish pie topped with creamy mash	Cajun spiced chicken strips	Zesty turkey escalope	Smoked salmon, lemon & herb risotto
<b>Carbohydrate</b>	Coarse grain mash	Baked sweet potato	Crusty roll	None	Tomato wholegrain tortilla wraps	Pesto & sweet pepper braised rice	None
<b>Vegetables</b>	Chantenay carrots	Minted peas	Tenderstem broccoli	Braised leeks	Onions & peppers	Steamed kale	Rocket & balsamic salad

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