

MONDAY

MAIN 1

Beef and root vegetable pie with boulangere potato, red cabbage, greens and gravy

VEGETARIAN MAIN

Orzo, roast fennel, squash, sprouts, goat's cheese, balsamic roasted seeds, sun blush tomato vinaigrette

BALANCE BAR

Sesame pork stir fry with noodles, black bean sauce, carrot, pak choi, onion, peppers, garlic, spring onion

HOT DELI

Lemon and garlic chicken, mozzarella and pesto wrap with a rocket, cherry tomato and red pepper salad, sun blush tomato mayo and chips

TUESDAY

MAIN 1

Crispy chicken breast stuffed with cheese, ham and sun blushed tomato. Served with new potatoes, steamed savoy cabbage and a rocket and red onion salad

VEGETARIAN MAIN

Aubergine schnitzel

Grilled aubergine, cashew dressing, pesto, roast peppers, tomato, caramelised onion, sauté potato, kale and horseradish sauce

BALANCE BAR

Beef stewed in tomato and savoury spices with chickpea and raisin couscous, green beans, dukkah and sweet potato with tahini dressing

HOT DELI

Spicy lamb skewers in a khobez wrap with chilli, lime and coriander noodle salad, pickled red cabbage, hoisin sauce and chips

WEDNESDAY

MAIN 1

Afghani chicken tikka, naan bread, raita, jeera pulao, chutneys and pickles

VEGETARIAN MAIN

Cochin pineapple curry – pineapple, coconut, curry leaf, mustard and ginger with red onion, carrot, sweet potato and peas

BALANCE BAR

Lemon, herb and garlic pork loin strips with autumn vegetable ratatouille, sweet and sour lentils and paprika roast sweet potato

HOT DELI

Philly cheese steak ciabatta.

Overnight braised brisket, oregano, smoked cheese, jalapenos and garlic mayo.

Served with a crisp green salad and seasoned potato wedges

THURSDAY

MAIN 1

Roast breast of turkey with pigs in blankets, roast potatoes, roast parsnips, orange braised carrots and steamed greens

VEGETARIAN MAIN

North African tomato and red pepper stew, cumin roast chickpeas, tabbouleh salad

HOT DELI

Garlic, ginger, honey and soy marinated chicken thighs in a soft roll with pickled mooli, sriracha mayo, oriental slaw and French fries

FRIDAY

MAIN 1

Fish and chip shop

Battered sustainable fish, battered sausage, pie, chips, peas, beans, tartar sauce, pickles

VEGETARIAN MAIN

Roast salsify Caesar salad

With cashew Caesar dressing, egg, semi dried tomatoes, garlic croutons, baby gem, Kos lettuce, veg' Parmesan and rosemary-sea salt baked new potatoes

HOT DELI

Chicken tikka in a brioche bun with red onion, spicy chutney, kachumbari salad, yoghurt and chips

AVAILABLE EVERY WEEK

JACKET POTATOES

GRAB & GO SELECTION

DELI BAR

HOMEMADE SOUPS OF THE DAY

SALAD BAR

CAKE STATION

Week ending 2nd December 2018