

MONDAY

MAIN 1

Chicken and mushroom pie served with mash, roasted roots, steamed greens and gravy

VEGETARIAN MAIN

Vegetable jambalaya with chickpeas, kidney beans, tahini, celery, jalapenos and a quinoa, spinach, lemon and pepper salad

BALANCE BAR

Tunisian lamb koucha with herbed giant couscous, tomato, and onion salad, pomegranate and natural yoghurt

HOT DELI

'Sanguche de chicharron'

Peruvian pork belly and sweet potato roll with salsa Criolla, Amarillo spicy mayo, crisp green lettuce and chips

TUESDAY

MAIN 1

Chilli con carne with steamed rice, sour cream, mature cheddar, tortilla chips, roast tomato and mango salsa

VEGETARIAN MAIN

Korean style spicy tofu with courgette noodles, sukju namul, kale pesto and brown rice

BALANCE BAR

Basil, lemon and garlic marinated chicken breast with roast sweet potato, steamed greens and a raw rainbow salad

HOT DELI

Spicy beef anticuchos with a soft tortilla, corn on the cob, spinach and red chard salad and French fries

WEDNESDAY

MAIN 1

Chicken dhansak with jeera rice, naan, pickles and chutneys

VEGETARIAN MAIN

Jackfruit and chickpea curry with naan bread, jeera rice, Raita, pickles and chutneys

BALANCE BAR

Teriyaki pork stir fry with rice noodles, ginger, garlic, sesame, peppers, carrot and pak choi

HOT DELI

Honey roast gammon on thick cut bloomer with coleslaw, gherkins, cherry tomatoes and seasoned potato wedges

THURSDAY

MAIN 1

Roast beef with Yorkshire pudding, roast potatoes, carrots, roasted roots, greens and gravy

VEGETARIAN MAIN

Spanish lentil stew with spicy potatoes, garlic dressed kale and a roasted chickpea salad

HOT DELI

Ghana Chicken 'chichinga'

Chicken breast marinated in a hot and spicy peanut sauce with roasted peppers, flatbreads, lime yoghurt and sweet potato fries

FRIDAY

MAIN 1

Fish and chip shop

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

VEGETARIAN MAIN

Herby bean balls with marinara sauce, wholegrain pasta, cashew cheese and charred broccoli

HOT DELI

Chicken gyros with pitta, tzatsiki, lettuce, white cabbage, onion and chips

AVAILABLE EVERY WEEK

JACKET POTATOES

GRAB & GO SELECTION

DELI BAR

HOMEMADE SOUPS OF THE DAY

SALAD BAR

CAKE STATION

Week ending 20th January 2018