

MONDAY

MAIN 1

Coq au Vin

Traditional French classic of chicken pieces cooked in red wine with mushrooms, bacon, garlic, onions & thyme. Served with new potatoes, leeks, turnips and carrots

VEGETARIAN MAIN

Whole wheat pasta with Tempeh bolognaise, Garlic roasted broccoli, cashew cheese and a rocket & red onion salad

BALANCE BAR

Balsamic and rosemary marinated chicken breast with roast sweet potato, steamed green & a pickled salad

HOT DELI

Honey roasted gammon and cheddar doorstep sandwich with coleslaw, dill pickles, mustard mayo and chips

TUESDAY

MAIN 1

Cottage pie topped with mash and served with roasted roots, greens and gravy

VEGETARIAN MAIN

Tofu mushroom stroganoff with rice noodles, slow roasted onions, mixed bean, pepper and olive salad

BALANCE BAR

Honey and ginger pork stir fry with brown rice, peppers, onions, Pak choi, Chinese leaf and baby corn

HOT DELI

Sweet chilli chicken wrap with oriental slaw, cucumber, herb cream cheese sauce and chips

WEDNESDAY

MAIN 1

Chicken Balti with aromatic steamed rice, naan, raita, pickles and chutneys

VEGETARIAN MAIN

Goan vegetable makhanawala with aromatic steamed rice, raita, naan, pickles and chutneys

BALANCE BAR

Turkey, spinach and cherry tomato gratin with an oat and seed crust, roasted sprouts, fennel and celery salad and new potatoes

HOT DELI

Jumbo Newmarket sausages with fried onions, bacon, cheddar, baby gem, rocket and cherry tomato salad and seasoned potato wedges

THURSDAY

MAIN 1

Whole roast chicken with garlic and herb stuffing, carrots, smashed swede, cauliflower and gravy

VEGETARIAN MAIN

Greek lentil Pastitsio with macaroni, green beans, garlic focaccia and a tomato, red onion, dill and feta salad

HOT DELI

Korea burger with a brioche bun, kimchi slaw, Korean BBQ sauce, Gochujang mayo, bulgogi bacon, lettuce and fries

FRIDAY

MAIN 1

Fish and chip shop

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

VEGETARIAN MAIN

Seaweed and peanut stir fry with brown rice, shiitake mushrooms, onions, peppers, ginger, soy, sesame and Chinese greens

HOT DELI

Pollo Pibil

Yucatan style citrus, garlic and chipotle marinated chicken with pickled red onion, fresh lime, Mexican rice salad, tortilla, sour cream and chips

AVAILABLE EVERY WEEK

JACKET POTATOES

GRAB & GO SELECTION

DELI BAR

HOMEMADE SOUPS OF THE DAY

SALAD BAR

CAKE STATION

Week ending 17th February 2018