

## MONDAY

### MAIN 1

Spaghetti bolognese with Parmesan, crusty bread, roast Mediterranean vegetables and a rocket, tomato, red onion & radish salad

### VEGETARIAN MAIN

Roast pepper, spinach & mushroom vegan lasagne with crusty bread, sprouting broccoli and a rocket, tomato, red onion & radish salad

### BALANCE BAR

Gochujang pork stir fry with glass noodles, carrot, pakchoi, onion, peppers, beansprouts, garlic & kimchi

### HOT DELI

Chicken tikka naan with kachumbari salad, mango & nigella chutney, mint yoghurt and chips

## TUESDAY

### MAIN 1

Chicken and vegetable pie with shortcrust pastry, mash, braised leeks & celery, Savoy cabbage and gravy

### VEGETARIAN MAIN

Vegetable casserole with crushed carrot, mash, suet and horseradish dumplings and tarragon gravy,

### BALANCE BAR

Fish kofta with brown rice, curry sauce and okra

### HOT DELI

Chipotle and lime marinated pork with a corn tortilla, black beans, cheddar, fresh lime, red slaw, garlic and parsley sour cream and French fries

## WEDNESDAY

### MAIN 1

Spicy Kashmiri chicken Rogan josh with flatbread, raita, lemon rice, chutneys and pickles

### VEGETARIAN MAIN

Aubergine katsu curry with flatbread, lemon rice, raita, chutneys and pickles

### BALANCE BAR

Lemon & yoghurt marinated chicken breast, roast sweet potato, sprouting broccoli, bitter leaf & Pecorino salad

### HOT DELI

Carolina burger with grilled onions, coleslaw, iceberg, American cheese, Frenchs mustard, homemade pickles and sweet potato fries

## THURSDAY

### MAIN 1

Roast breast of turkey with cranberry and sausage meat stuffing, roast potatoes, cauliflower gratin, leeks and steamed greens

### VEGETARIAN MAIN

Pearl barley risotto with mushrooms, celeriac, sprouts, smoky tahini & cashew dressing, chicory & orange salad

### HOT DELI

Fish finger sandwich in a ciabatta with rocket, baby gem, lemon, gherkins, chips and your choice of tartar, mayo salad cream or ketchup

## FRIDAY

### MAIN 1

Fish and chip shop

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

### VEGETARIAN MAIN

Indonesian hot rice salad with celery, onions, peppers, raisins, pineapple, water chestnuts and greens

### HOT DELI

Chicken satay with spicy peanut sauce, flatbreads, cucumber and carrot sauce, pineapple, pepper and coconut salad and chips

## AVAILABLE EVERY WEEK

JACKET POTATOES

GRAB & GO SELECTION

DELI BAR

HOMEMADE SOUPS OF THE DAY

SALAD BAR

CAKE STATION

Week ending 10<sup>th</sup> March 2018