

# TIME TO TUCK IN!

What's on offer for this week...

WEEK ENDING 14<sup>th</sup> April 2019

## MONDAY

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### MAIN 1

Honey roast ham with fried egg, mushrooms, tomato, peas, pineapple and chips

### VEGETARIAN MAIN

Lentil and bean cassoulet with mushrooms, carrots, celery, tempeh, fresh herbs and tomato. Served with new potatoes and spring greens

### BALANCE BAR

Quinoa Paella with chorizo, crispy tiger prawns, roasted peppers and spring greens

### HOT DELI

Chicken tikka with a khobez wrap, curried mayo, mango chutney, sweet and sour cucumber & poppy seed salad and fries

## TUESDAY

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### MAIN 1

Steamed beef & onion pudding with mash, carrots, greens and gravy

### VEGETARIAN MAIN

Beetroot bourguignon with mash, carrots and greens

### BALANCE BAR

Miso chicken stir fry with stir fried peppers, pak choi, onions, broccoli, Chinese leaf and egg noodles

### HOT DELI

Roast turkey, streaky bacon and Swiss cheese doorstep sandwich with coleslaw, iceberg and chips

## WEDNESDAY

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### MAIN 1

Lamb Jalfrezi with naan bread, steamed rice, chutneys and pickles

### VEGETARIAN MAIN

Chole Bhature – Tangy chickpea curry with naan bread, steamed rice, raita, chutneys and pickles

### BALANCE BAR

Pork souvlaki: Pork loin steak topped with feta and herbs and served with roast sweet potato, steamed greens and an olive, red onion and tomato salad

### HOT DELI

Chicken and mozzarella burger in a soft roll with pesto mayo, rocket and cherry tomato salad, sun blush tomato dressing and chips

## THURSDAY

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### MAIN 1

Roast chicken with stuffing, roast potatoes, carrots, cauliflower cheese, Savoy cabbage and gravy

### VEGETARIAN MAIN

Shiitake mushroom & wild garlic plant based Mac 'n' cheese with a cashew & sweet potato sauce, almond cheese, toasted garlic & herb ciabatta and salt & vinegar cucumbers

### HOT DELI

Sweet and sour pork in a pretzel bun with pineapple, pepper, coriander and toasted coconut salad, pickles and sweet potato fries

## FRIDAY

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### MAIN 1

Fish and chip shop

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

### VEGETARIAN MAIN

Vietnamese tofu spring roll with peanut & lime dipping sauce, spicy stir-fried corn, oriental slaw

### HOT DELI

Fried chicken torta in a brioche roll with avocado, black beans, jalapenos, pickled red onion, crisp green lettuce and chips

### AVAILABLE EVERY WEEK

JACKET POTATOES

GRAB & GO SELECTION

DELI BAR

HOMEMADE SOUPS OF THE DAY

SALAD BAR

CAKE STATION