

# TIME TO TUCK IN!

What's on offer for this week...

WEEK ENDING 19<sup>th</sup> May 2019

## MONDAY

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### MAIN 1

Hunter's chicken breast topped with bacon, BBQ sauce & cheddar. With peas, green beans, new potatoes and iceberg, gem & cherry tomato salad

### VEGETARIAN MAIN

Tomato, egg and mature cheddar pastry slice with new potatoes, greens and herb sauce

### BALANCE BAR

Chicken pad Thai with flat noodles, peppers, beansprouts, pak choi, carrot, daikon and peanuts

### HOT DELI

Pork gyros with pitta, onion, white cabbage, jalapenos, garlic mayo, chilli sauce and chips

## TUESDAY

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### MAIN 1

Lamb moussaka with lemon and rosemary roasted new potatoes, tzatsiki and Greek salad

### VEGETARIAN MAIN

Tuscan bean stew with Italian couscous, Cavalo Nero, rocket and radicchio salad

### BALANCE BAR

Turkey casserole with with apricots, cumin, tomatoes, freekeh and spinach tortilla

### HOT DELI

Naan bread pizza with tandoori chicken, peppers, red onion, sweet and sharp cucumber and poppy seed salad, mango chutney and Fries

## WEDNESDAY

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### MAIN 1

Malaysian chicken Nyonya with steamed rice, flatbread, cucumber and peanut salad

### VEGETARIAN MAIN

Burnt aubergine & spinach curry with steamed rice, flatbread, raita, chutneys and pickles

### BALANCE BAR

Baked fishcake with tomato and caper sauce, asparagus, watercress, steamed new potatoes

### HOT DELI

Home cured salt beef doorstep sandwich with pickles, sauerkraut, 3 cabbage slaw and chips

## THURSDAY

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### MAIN 1

Marinated pork loin with roast potatoes, honey glazed carrots, red cabbage, greens and gravy

### VEGETARIAN MAIN

Middle Eastern style ratatouille with aubergine, courgette, peppers, zatar mushrooms and lentils, smoked tahini cream, red pepper fatoush

### HOT DELI

Chicken Caesar wrap with Kos & gem, croutons, Parmesan, Caesar dressing, cherry tomatoes and seasoned potato wedges

## 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

Warm salad of beetroot, golden beetroot, asparagus, watercress, goats cheese, new potatoes and sorrel dressing

### HOT DELI

Chicken quesadilla with refried beans, cheddar, sour cream, guacamole, tomato salsa, Mexican salad & chips

### AVAILABLE EVERY WEEK

JACKET POTATOES

GRAB & GO SELECTION

DELI BAR

HOMEMADE SOUPS OF THE DAY

SALAD BAR

CAKE STATION