

# TIME TO TUCK IN!

What's on offer for this week...

WEEK ENDING 26<sup>th</sup> May 2019

## MONDAY

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### MAIN 1

Chicken a la King with Jersey royals, Savoy cabbage, steamed broccoli and cauliflower

### VEGETARIAN MAIN

Cambridge asparagus and cherry tomato tart with Jersey royals, local watercress and a garden salad

### BALANCE BAR

Sesame pork and egg noodle stir-fry with shredded carrot, chilli, daikon, peppers, sesame & soy

### HOT DELI

Roast beef doorstep sandwich with horseradish sauce, gherkins, local watercress, mustard, coleslaw and chips

## TUESDAY

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### MAIN 1

Steamed steak & kidney pudding with mash, carrots, steamed greens and gravy

### VEGETARIAN MAIN

Sicilian aubergine caponata with whole-wheat fusilli, Provolone cheese, orange and fennel salad

### BALANCE BAR

Pork schnitzel with roast sweet potato, steamed asparagus, roast broccoli with almonds, lemon yoghurt

### HOT DELI

Chicken tikka in a khobez wrap with mango & nigella chutney, hot pickle, kachumbari salad and chips

## WEDNESDAY

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### MAIN 1

Thai green chicken curry with steamed rice, prawn crackers, pickles and chutneys

### VEGETARIAN MAIN

Vegetable korai with steamed rice, roti, raita pickles and chutneys

### BALANCE BAR

Catalan fish stew with chorizo, cod, squid, almonds, lemon, new potatoes and buttered spinach

### HOT DELI

Shredded pork and three-cheese ciabatta with sun blush tomato mayo, sorrel and bitter leaf salad with honey dressing and seasoned potato wedges

## THURSDAY

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### MAIN 1

Roast breast of turkey with roast potatoes, pigs in blankets, carrots, runner beans, cauliflower and spinach gratin & gravy

### VEGETARIAN MAIN

Mediterranean vegetable cottage pie with basil mash, steamed greens, carrots and cauliflower

### HOT DELI

Chicken and vegetable sausage roll with a cucumber and carrot salad, creamy Dijon dip and French 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

Sweet potato and chickpea falafel with humus, baba ganoush, harissa mayo and Turkish salad

### HOT DELI

Crispy fried buttermilk chicken pieces with herbed corn on the cob, black bean and baby spinach salad and chips

### AVAILABLE EVERY WEEK

JACKET POTATOES

GRAB & GO SELECTION

DELI BAR

HOMEMADE SOUPS OF THE DAY

SALAD BAR

CAKE STATION