

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Soupa	Warming Lentil Broth	Chunky Minestrone Vegetable	Minted Pea and Watercress	Spiced Lentil & Carrot	Winter Minestrone
Bread of the Day	Poppy Seed Plait	Cereal Rye	Rosemary Focaccia	Honey & Saffron	Naan
The Main Event	The Rooster Booster Chicken Chilli Dogs	Trads Scottish Mustard Lamb with Turnips	Mighty Meaty Beef Cobbler	Christmas Past Jamacian Jerk Turkey	Posh Fish Catch of the Day Grilled Gravalax & Mustard Sauce
Meat Free Zone	Stir Fried Vegetable Noodles in a creamy Cajun sauce	Mediterranean Vegetable & Quorn in a puff pastry case	Vegetable Moussaka	Vegetable Byriani	Moroccan Spiced Purses with Ginger & Red Onion Relish
And to go with.....	Savoury Jacket Wedges Sweetcorn Kernels Roasted Vegetables	Roast Potatoes Garden Peas Steamed Carrots	Cous Cous Sautee Courgettes Braised Leeks	Steamed Rice Cauliflower Florets Poppadoms	Steamed New Potatoes Vegetable Medley
Plenty of Pasta	Conchigliette		Fusilli		Pasta of The Day
Home Made Pasta Sauces	Spicy Tomato	Macaroni Vegetable Bake	Res Pesto	Tagliatelle with Mushroom Sauce	Traditional Tomato Sauce
Dinner Jackets	Baked Beans Grated Cheese Cauliflower Cheese	Baked Beans Grated Cheese Lancashire Hot Pot	Baked Beans Grated Cheese Quorn Tikka	Baked Beans Grated Cheese Beef Stroganoff	Baked Beans Grated Cheese Vegetable Stir Fry
100% Fresh....	Selection From The Salad Bar Greek	Selection From The Salad Bar Tomato Cucumber & Coriander	Selection From The Salad Bar Roast Carrot , Bean & Feta	Selection From The Salad Bar Danish Potato	Selection From The Salad Bar Japanese Style Pumpkin
Scrummy Puds	Chocolate & Orange Mousse Home Made Yoghurt	Wholemeal Fruit Bar Home Made Yoghurt	Old English Spiced Fruit Cake with Custard Home Made Yoghurt	Wholemeal Berry Muffins Home Made Yoghurt	Bread & Butter Pudding with Custard Sauce Home Made Yoghurt
Fresh Fruit	Fresh Fruit Salad Seasonal Fresh Fruit Platter	Fresh Fruit Salad Seasonal Fresh Fruit Platter	Fresh Fruit Salad Seasonal Fresh Fruit Platter	Fresh Fruit Salad Seasonal Fresh Fruit Platter	Fresh Fruit Salad Seasonal Fresh Fruit Platter

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Soupa		Sweet Chilli Pot	Broccoli & Blue Cheese	Cream Of Mushroom	Cream of Cauliflower
Bread of the Day	Poppy Seed Plait	Fruit Bread	Corn Bread	Mixed Herb	Sun Dried Tomato
The Main Event	Off To Meet My Waterloo Turkey with Lemon Dressing	Days of the Raj Curried Lamb with Potato & tomato	Gone fishin` Hoki In Batter Swedish Salmon & cheddar Rosti Pie	All Beef to Me Shaking Beef (bo luc Lac) & lime Sauce	The Italian Job Lamb Lasagne
Meat Free Zone	Spicy Root & Lentil Casserole	Cheese Onion & Potato Pie	Roasted Red Pepper & Quorn Mince Pie	Vegetable Tikka Masala	Red Onion & Feta Quiche
And to go with.....	Herb Quinoa Roasted Parsnips Steamed Carrots	Minty olive oil bean mash Pan Fried Leeks Braised Red Cabbage	Roast New Potatoes Garden Peas Baked Turnips	Steamed rice Cauliflower Florets Poppadoms	Garlic Bread Jacket Wedges Baton Carrots
Plenty of Pasta	Tricolour Penne		Farfalle		Pasta Of the Day
Home Made Pasta Sauces	Tomato & Basil	Vegetable Bolognaise Bake	Red Pesto	Four cheese Tortellini	Tomato
Dinner Jackets	Baked Beans Daily Special - See Board Grated Cheese	Baked Beans Daily Special - See Board Grated Cheese	Baked Beans Daily Special - See Board Grated Cheese	Baked Beans Daily Special - See Board Grated Cheese	Baked Beans Daily Special - See Board Grated Cheese
100% Fresh....	Selection From The Salad Bar Grapefruit Avocado & Watercress	Selection From The Salad Bar Udon Noodle	Selection From The Salad Bar Swedish Cucumber	Selection From The Salad Bar Marinated Vegetables	Selection From The Salad Bar Orange Mint Rice
Scrummy Puds	Ginger Layer Cake & Candied Oranges Home Made Yoghurt	Bourbon Balls Home Made Yoghurt	Crispy Apple Betty & Custard Home Made Yoghurt	Mixed Fruit Jelly Home Made Yoghurt	Tangerine Cheese Cake Home Made Yoghurt
Fresh Fruit	Fresh Fruit Salad Seasonal Fresh Fruit Platter	Fresh Fruit Salad Seasonal Fresh Fruit Platter	Fresh Fruit Salad Seasonal Fresh Fruit Platter	Fresh Fruit Salad Seasonal Fresh Fruit Platter	Fresh Fruit Salad Seasonal Fresh Fruit Platter

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Soupa	Leek & Potato	Lentil	Carrot & Coriander	Sweet Potato	White Bean & chilli
Bread of the Day	Swede & Sage	Onion	Mixed Herb	Olive	Mixed Seed
The Main Event	A Woolly dish Mutton Broth	Fresh From The Market Selection of Fish	Chicken Licken Chicken black olive paste	Trads Roast Beef & Yorkshire Pudding	Tikka -Tastic Turkey Tikka Masala
Meat Free Zone	Three Bean & Spinach Korma	Polenta Goats Cheese & Roasted Vegetables	Sage & Roasted Onion Lasagne	Baked four Cheese Gnocchi	Caramelised Onion & Tomato Tart
And to go with....	Palau rice Cauliflower Florets Leeks	New Potatoes Peas Carrots	Leek & Saffron rice Broccoli	Roast Potatoes Crispy Green Cabbage Parsnips	Savoury Rice Cucumber Raitta Sweetcorn
Plenty of Pasta	Tricolour Farfalle		Conchigliette		Pasta Of the Day
Home Made Pasta Sauces	Tomato & Oregano	Tagliatelle Verdi With Alfredo Sauce Bake	Red Pepper	Roasted Vegetable Bake	Tomato
Dinner Jackets	Baked Beans Daily Special - See Board Grated Cheese	Baked Beans Daily Special - See Board Grated Cheese	Baked Beans Daily Special - See Board Grated Cheese	Baked Beans Daily Special - See Board Grated Cheese	Baked Beans Daily Special - See Board Grated Cheese
100% Fresh....	Selection From The Salad Bar Daikin	Selection From The Salad Bar Thai Watercress	Selection From The Salad Bar Green Bean & potato	Selection From The Salad Bar Spinach & Soy Dressing	Selection From The Salad Bar Norwegian Beet
Scrummy Puds	Sally Lunn Home Made Yoghurt	Clifton grid & custard Home Made Yoghurt	Home Made Apricot Flapjacks Home Made Yoghurt	Apple Crumble & Custard Home Made Yoghurt	Rice Pudding with Jam Sauce Home Made Yoghurt
Fresh Fruit	Fresh Fruit Salad Seasonal Fresh Fruit Platter	Fresh Fruit Salad Seasonal Fresh Fruit Platter	Fresh Fruit Salad Seasonal Fresh Fruit Platter	Fresh Fruit Salad Seasonal Fresh Fruit Platter	Fresh Fruit Salad Seasonal Fresh Fruit Platter

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