



# LUNCH MENU

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<i>FRESH SOUP</i>	Roasted tomato & picked basil	sweet leek & potato soup	Rich French onion soup	Carrot & fennel soup	Cream of leek & field mushroom tarragon soup
<b>HOME COMFORTS</b>					
<i>MAIN 1</i>	Hunter's chicken with a sweet BBQ sauce & melted cheese	Roast loin of pork with crackling & applesauce gravy	Braised chilli beef with chipotle & cumin spice	Thai green chicken curry, coriander & coconut milk	Chip Shop Friday: Deep-fried fish, jumbo sausage, chicken pie, steamed fish
<b>PLANT-BASED</b>					
<i>MAIN 2</i>	Roasted sticky cauliflower steak	Sweet potato & chickpea roast with fresh garlic & chopped parsley	Bean chilli with fresh garlic, onions & mushrooms	Thai red vegetable curry with lemongrass & beans	Deep-fried halloumi
<b>SIDES</b>					
<i>STARCH VEGETABLE GARNISH</i>	Creamed potatoes roasted peppers & courgettes	Roasted potatoes spiced apple cabbage roasted carrots & parsnips	Wedge potatoes, guacamole, sour cream & cheddar cheese steamed broccoli	Steamed basmati rice stir-fried greens prawn crackers	Chips, mushy peas, garden peas, curry sauce
<b>SNACK/CHEF'S SPECIAL</b>					
<i>BAKED POTATO</i>	Baked potato	Baked potato	Baked potato	Baked potato	Baked potato
<i>DAILY CHEF'S SPECIAL</i>	Chef's choice	Chef's choice	Chef's choice	Chef's choice	Chef's choice
<i>TOPPING</i>	Your choice of baked beans, grated cheddar cheese, or the hot filling of the day				



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<b>SALAD MARKET</b>					
<i>PICK N' MIX</i>	Fresh mixed leaf, mixed cut heritage tomatoes, sliced cucumber				
<i>HEALTHY GRAINS/BEANS</i>	Puy lentils	Chickpeas	Quinoa	Spicy chickpea & red onion	Mixed beans
<i>POWER PLANT SALAD</i>	Apple & celeriac slaw	Spicy rice & red bean salad	Roasted pepper, aubergine & courgette pasta	Crispy onion salad	Greek salad
<i>DRESSINGS</i>	Balsamic, Caesar, vinaigrette, mayonnaise				
<b>DESSERTS</b>					
<i>DESSERTS</i>	Chocolate brownie	Vanilla crème brûlée	Banoffee cup	Lemon posset	Lemon drizzle cake
<b>FRUIT</b>					
<i>SLICED FRUIT</i>	Seasonal sliced fruits				
<i>WHOLE FRUIT</i>	Available every day: a hamper of fresh seasonal fruits				