



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
CONTAINS MEAT											
MAIN 1	Baked classic lasagne	Peruvian chicken quarter	Slow-cooked BBQ pulled pork in a brioche bun	Meatballs in a tomato sauce	Trattoria Americano pizza	Grilled gammon steak with pineapple salsa	Katsu chicken				
PLANT-BASED											
MAIN 2	Vegetable lasagne	Peruvian chargrilled halloumi	Aubergine parmigiana	Meatless meatballs in a tomato sauce	Trattoria margherita pizza	Tomato spinach &mascarpone bake	Quorn katsu				
SIDES											
STARCH/SALAD/ VEGETABLE GARNISH	Herbed potatoes tossed salad garlic bread	Crispy spiced & fried giant onion rings spicy mayonnaise macho peas	Fresh coleslaw, Mexican rice, sweetcorn & lime	Pickled red cabbage lyonnaise potato, sauté mixed greens, sub rolls	Corn on the cob, roasted garlic & herb wedges	Crispy thyme potatoes steamed broccoli	Donburi garnish, spring rolls, basmati rice, katsu sauce, ginger, garlic & soy, green beans				
SALAD MARKET											
PICK N MIX	Fresh mixed leaf, mixed cut heritage tomatoes, sliced cucumber										
HEALTHY GRAINS/BEANS	Quinoa	Wholemeal couscous	Puy lentils	Chickpeas	Mixed beans	Puy lentils	Wholemeal couscous				
POWER PLANT SALAD	Panzanella salad	Minted couscous	Sweet potato, courgette & pear salad	Caribbean coleslaw	Sweet sticky parsnips	Pasta courgette	Italian Panzanella				
DRESSINGS	Balsamic, Caesar, Vinaigrette, Mayonnaise										





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DESSERTS										
	Rhubarb & peach crumble with cream	Chocolate mousse cups	Carrot cake	Selection of ice creams	Lemon tart	Chef's choice	Chef's choice			
FRUIT										
SLICED FRUIT	Seasonal sliced fruits, selection of yoghurt pots									
WHOLE FRUIT	Available every day: a hamper of fresh seasonal fruits									