

MENU CYCLE WEEK 1



Monday	Tuesday	Wednesday	Thursday	Friday
CHICKEN BALTI Chicken thighs cooked with a delicious blend of spices, tomatoes, chillies, garlic, onions, and peppers served on a bed of rice with naan	SPAGHETTI BOLOGNAISE Fresh mince cooked with onions, garlic, tomatoes, and herbs served on a bed of spaghetti pasta with garlic bread	ROAST OF THE DAY Choose from our home roasted meat of the day served with roast potatoes, seasonal vegetables, and gravy	HOMEMADE FISHCAKES Salmon and haddock fillets mixed with mashed potatoes and seasoned with salt and pepper, dipped in flour, egg and breadcrumbs then baked in the oven and served with potato wedges	CHIPPY DAY Battered haddock fillet baked in the oven and served with chips Barmcakes also available
OR	OR	OR	OR	OR
ROAST PORK LOINS Pork loin steaks seasoned and baked in the oven and served with rosemary potatoes	FISHERMAN'S PIE Salmon and haddock pieces served in a creamy sauce and topped with seasoned mashed potato	HOMEMADE MINCE & ONION PIE Fresh minced beef cooked slowly with onions, carrots, and potatoes, topped with a pastry lid, and served with mashed potatoes and gravy	SALT & PEPPER CHICKEN Chicken thighs cooked with onions, garlic, and red chilli and seasoned with salt, white pepper, and Chinese 5 spice	CORNISH PASTIE A traditional pastry filled with minced beef, potatoes, carrots, swede, salt, and pepper served with chips
VEGETARIAN OPTION				
VEGETABLE KEBABS Mixed vegetables on a wooden skewer, seasoned with salt, pepper and garlic then baked in the oven and served on a bed of baked egg rice	SWEET POTATO & BLUE CHEESE FRITTATA Chunks of sweet potato and blue cheese mixed with seasoned eggs baked in the oven and served with crusty bread and salad	VEGETARIAN COTTAGE PIE Quorn mince cooked with onions, carrots, and peas in gravy and topped with seasoned mashed potato and baked in the oven until golden, served with gravy	QUORN WRAP Pieces of Quorn seasoned with fajita seasoning and cooked with onions, peppers and cheese served in a tortilla wrap with salad	QUORN SAUSAGE IN ONION GRAVY Quorn sausages baked in the oven and served in an onion gravy with chips
A selection of Seasonal Vegetables Or Mixed Salad				
OR				
HOT ALTERNATIVE – DELI BAR				
Design your own sandwich, first choose your bread – wraps, assorted batch, or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Fajita chicken, egg and finally finish with a choice of salad – carrot sticks, cucumber, tomatoes, iceberg lettuce, red onion, spring onion, coleslaw, and peppers.				
FOR DESSERT				
A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday				

MENU CYCLE WEEK 2



Monday	Tuesday	Wednesday	Thursday	Friday
GIANT FILLED YORKSHIRE PUDDING Pieces of fresh chicken cooked in gravy and served in a giant Yorkshire pudding with potatoes and vegetables	LASAGNE Minced beef cooked with onions, garlic, and herbs, then layered up with lasagne pasta sheets and topped with a bechamel sauce and served with garlic bread	ROAST OF THE DAY Choose from our home roasted meat of the day served with roast potatoes, seasonal vegetables, and gravy	LAMB KOFTAS Minced lamb cooked with garlic and a spices and made into a sausage, baked in the oven, and served in a pitta bread with shredded lettuce and tomatoes	CHIPPY DAY Battered haddock fillet or fish fingers baked in the oven and served with chips Barmcakes also available
OR	OR	OR	OR	OR
PORK ROGAN JOSH Pieces of pork cooked with onions, garlic, spices, tomatoes, and yogurt served on a bed of rice with a Naan bread	CRISPY CHILLI CHICKEN Pieces of crispy chicken cooked with onions and beansprouts peppers in a chilli sauce with egg noodles	TERIYAKI BEEF Strips of beef cooked with onions and green peppers in a Teriyaki sauce and served on a bed of rice	CAJUN CHICKEN WRAP Strips of chicken, cooked with onions and peppers with Cajun spices and served in a tortilla wrap with salad and spicy potato wedges	CHEESE & ONION PASTIE A pastry case filled with cheese, mashed potato and onions then baked in the oven until golden and served with chips
VEGETARIAN OPTION				
TOMATO & MASCARPONE PASTA Cooked pasta spirals mixed with a tomato and mascarpone cheese and baked in the oven	MIXED BEAN ENCHILLADAS A flour tortilla filled with mixed beans cooked with onions and tomatoes in mild spices, then topped with cheese and baked in the oven	STUFFED SWEET POTATOES Sweet potatoes baked in the oven until soft, scooped out and filled with black beans, peppers, and feta cheese	CHICKPEA & SPINACHE ROGAN JOSH Chickpeas and spinach, cooked with onions, garlic, spices, tomatoes, and yogurt served on a bed of brown rice with a Naan bread	QUORN NUGGETS Quorn nuggets baked in the oven and served with chips
A selection of Seasonal Vegetables Or Mixed Salad				
OR				
HOT ALTERNATIVE – DELI BAR				
Design your own sandwich, first choose your bread – wraps, assorted batch, or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Fajita chicken, egg and finally finish with a choice of salad – carrot sticks, cucumber, tomatoes, iceberg lettuce, red onion, spring onion, coleslaw, and peppers.				
FOR DESSERT				
A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday				

MENU CYCLE WEEK 3



Monday	Tuesday	Wednesday	Thursday	Friday
CHICKEN KORMA Pieces of chicken cooked with onions, garlic, mild spices, and coconut milk, served on a bed of rice with Naan bread	BEEF STEW & DUMPLINGS Chunks of beef cooked slowly with onions, carrots, and potatoes in stock, served with dumplings and mashed potatoes	ROAST OF THE DAY Choose from our home roasted meat of the day served with roast potatoes, seasonal vegetables, and gravy	PORK IN BLACKBEAN SAUCE Pieces of pork stir fried with onions and green peppers in a black bean sauce served on a bed of egg noodles	CHIPPY DAY Battered haddock fillet or a fishcake baked in the oven and served with chips Barmcakes also available
OR	OR	OR	OR	OR
HOMEMADE CHICKEN & LEEK PIE A pastry case filled with pieces of chicken cooked with onions and leeks in a creamy sauce, baked in the oven and served with mashed potatoes	RED LENTIL DAHL Red lentils cooked with onions and garlic with mild spices and served on a bed of rice with Naan bread	MEDITERRANEAN LAMB WRAPS A floured tortilla wrap filled with minced lamb cooked with onions, Greek seasoning, mint, yogurt and feta cheese and salad	COTTAGE PIE Minced beef cooked with onions, carrots and stock and topped with mashed potatoes, baked in the oven, and served with gravy	HOT & SPICY CHICKEN WINGS Chicken wings marinated in spices, baked in the oven, and served with chips
VEGETARIAN OPTION				
STUFFED CAP MUSHROOMS A flat cap mushroom stuffed with leeks, onions and cheese and served with salad and coleslaw	QUORN BALLS IN TOMATO & BASIL SAUCE Quorn balls cooked in a tomato and basil sauce and served on a bed of spaghetti	CHEESE & ONION QUICHE A pastry case filled with eggs, cheese, and onion, baked in the oven until golden and served with salad and coleslaw	ARRABIATTA PASTA BAKE Pasta spirals mixed with an Arrabiatta sauce, topped with cheese, and baked in the oven	QUORN SAUSAGE & ONION Quorn sausages served in onion gravy with chips
A selection of Seasonal Vegetables Or Mixed Salad				
OR				
HOT ALTERNATIVE - DELI BAR Design your own sandwich, first choose your bread – wraps, assorted batch, or sliced bread, then choose your filling a selection of the following will be available daily – ham, cheese, tuna, Fajita chicken, egg and finally finish with a choice of salad – carrot sticks, cucumber, tomatoes, iceberg lettuce, red onion, spring onion, coleslaw, and peppers.				
FOR DESSERT				
A selection of home bakery items available everyday: biscuits and cakes A selection of fresh fruit or fruit pots are also available everyday				