

Monday

meat

Mexican roasted chilli and orange chicken thighs served with Mexican potatoes, Mexican salsa, and shaved corn (DF)

Allergens - Celery, Mustard, Soy, Gluten

fish

Roasted salmon with pesto dressing served on ratatouille with smoked paprika and lemon potatoes, and capers (GF)

Allergens - Fish, Milk, Sulphites

vegan

Vegan mushroom bourguignon pie with garlic potatoes, savoy cabbage, and vegan gravy (GF, DF)

Allergens - Barley

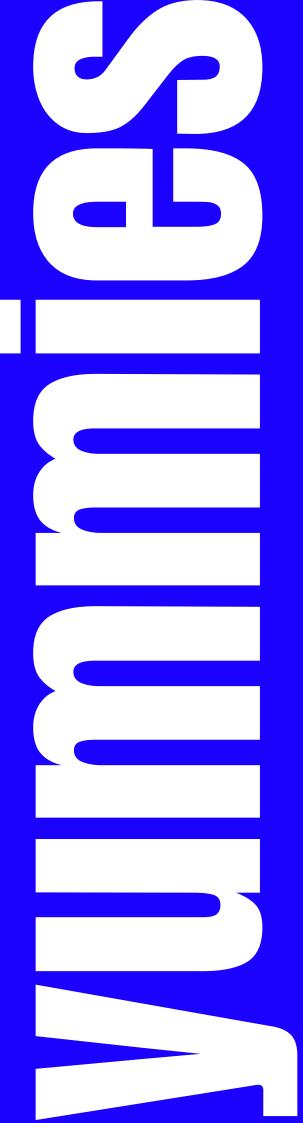
salad

Cobb salad (GF). With your choice of chicken, salmon, tofu or halloumi

Allergens - Mustard, Sulphites, Fish, Soya,

Milk





Tuesday meat

Beef meatballs in a rich sun-blushed tomato, red pepper, oregano and garlic sauce with buttered tagliatelle, parmesan, and salsa verde

Allergens - Mustard, Sulphites, Milk,
Gluten

fish

Tandoori fish masala with Bombay potatoes, spinach, and mint yoghurt (GF)

Allergens - Fish, Milk

vegan

Bang bang cauliflower with buffalo sauce, stir-fried vegetables, and steamed rice (GF, DF)

Allergens - Sesame Seeds, Sesame Oil, Mustard, Sulphites

salad

Caesar salad. With your choice of chicken, salmon, tofu or halloumi

Allergens - Gluten, Egg, Fish, Soya, Milk





Wednesday

meat

Butter chicken with steamed rice and curried greens (DF, GF) Allergens - Mustard, Sulphites, Milk

fish

Mixed fish, tarragon and potato pie with a medley of green vegetables Allergens - Fish, Gluten, Milk, Mustard

vegan

Vegan sausage and mash with vegan onion gravy and fine beans (GF, DF)

Allergens - Soya

salad

Pasta salad with crisp lettuce, tomato, cucumber, onion, and avocado (DF). With your choice of chicken, salmon, tofu or halloumi Allergens - Gluten, Mustard, Sulphites, Fish, Soya, Milk





Thursday

meat

Beef sausage with spring onion and garlic mash, onion gravy, and fine beans (DF)

Allergens - Gluten, Milk, Celery, Mustard

fish

Creamy salmon and tomato pasta with parmesan, green sauce, and side salad Allergens – Fish, Gluten, Milk, Mustard, Sulphites

vegan

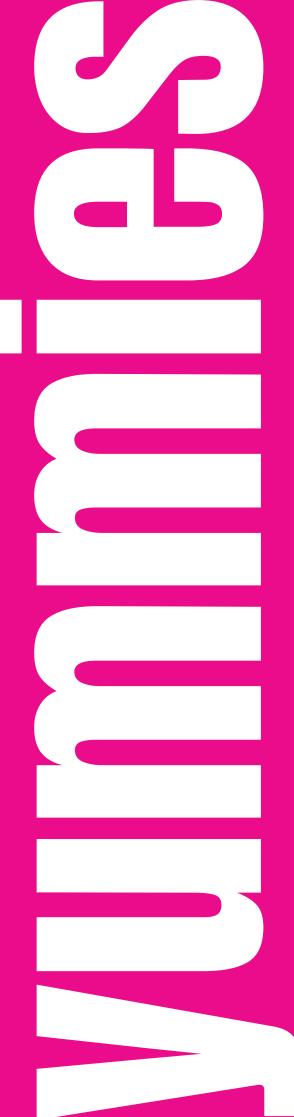
Curried sweet potato and chickpea curry with steam rice and mango relish (DF, GF)

salad

Chicory, poached pear, pumpkin seeds and goat's cheese salad (GF). With your choice of chicken, salmon, tofu or halloumi

Allergens - Milk, Mustard, Sulphites, Fish, Soya





Friday

meat

Sweet and sour chicken with steamed rice and stir-fried vegetables (GF, DF)

Allergens - Celery, Sesame Seeds, Sesame Oil, Soya

fish

Roasted seabream fillet with romesco sauce and a warm Mediterranean vegetale salad (GF) Allergens - Flsh, Milk, Sulphites

vegan

Green Thai tempeh with mixed peppers, noodles, spring onion and chilli (DF) (DF, GF)) (DF, GF) (DF, G

salad

Panzanella salad (DF). With your choice of chicken, salmon, tofu or halloumi

Allergens - Mustard, Gluten, Sulphites, Fish,

Soya, Milk

