



	Hot Mains	Salad Bar	Dessert	Grab & Go
Monday	<p>Beef & Oregano Meatballs, Tomato & Spinach Sauce, Penne Pasta, Garlic Bread & Garden Salad</p> <p>Cannellini Bean Falafel, Mixed Bean Salsa (v)</p>	<p>House Baked Gammon</p> <p>Deli Slaw</p> <p>Baby Gem, Radish & Boiled Egg</p>	<p>Streamed Chocolate Sponge & Thick Chocolate Custard</p>	<p>Caprese Salad Toasted Ciabatta</p> <p>Apricot & Sage Stuffing Baguette with Apple Mayonnaise</p>
Tuesday	<p>Tandoori Style Chicken Tikka Korma, Coriander Basmati Rice, Chutney, Naan Bread & Poppadum's</p> <p>Roasted Vegetable Paella, Rocket & Sun blushed Tomato Salad (v)</p>	<p>House Baked Gammon</p> <p>Panzanella Salad Board</p> <p>Lightly Spiced Tamarind Haricot Beans with Lemon Yoghurt</p>	<p>Banana Smoothie</p>	<p>Caprese Salad Toasted Ciabatta</p> <p>Apricot & Sage Stuffing Baguette with Apple Mayonnaise</p>
Wednesday	<p>BBQ Pulled Pork Shoulder Wrap, Mexican Black Beans, Shredded Gems, Slaw, Guacamole, Seasoned Wedges</p> <p>Vegan Sausages, Sweet Potato Mash, Savoy Cabbage & Vegetable Gravy (v)</p>	<p>Roast Top Side of British Beef</p> <p>Caesar Salad Board</p> <p>Garlicky Mayonnaise Savoy Cabbage Ribbons with Toasted Seeds</p>	<p>Hot Fruity Flapjack & Pouring Cream</p>	<p>Caprese Salad Toasted Ciabatta</p> <p>Apricot & Sage Stuffing Baguette with Apple Mayonnaise</p>
Thursday	<p>Sweet & Sour Sticky Chicken Wings, Stir Fried Vegetable Noodles & Prawn Crackers</p> <p>Sweet Potato, Chick Pea & Courgette Curry, Spiced Potatoes & Peas (v)</p>	<p>House Baked Gammon</p> <p>Shaved Fennel, Pickled Mushroom & Fusilli Pasta</p> <p>Mixed Olive, Cherry & Plum Tomato, Za'atar Buttermilk Dressing</p>	<p>Baked Apple Clafoutis with Cinnamon Custard</p>	<p>Caprese Salad Toasted Ciabatta</p> <p>Apricot & Sage Stuffing Baguette with Apple Mayonnaise</p>
Friday	<p>Adnams Beer Battered Haddock, Chunky Chips, Petit Pois, Tartare Sauce, Lemon Wedges, Salt & Vinegar</p> <p>Roasted Butternut Squash, Sage & Spinach Valoute, Tagliatelle (v)</p>	<p>House Baked Gammon</p> <p>Garden Salad</p>	<p>Forest Berry & Meringue Ice Cream</p>	<p>Caprese Salad Toasted Ciabatta</p> <p>Apricot & Sage Stuffing Baguette with Apple Mayonnaise</p>

Daily Salad: Plain Green (Romaine) Salad, Mixed Leaf Salad, Fresh Plum Tomato Salad, Grated Carrot Parsley and Lemon, Beetroot, Cucumber (Different Preparations), Corn, Petit Pois and Mint, Sweet Red Onion Slices or Spring Onion, Plain Whole-wheat Pasta Salad, Crudités, Plain Croutons, Grated Cheddar, Tuna (Plain and with Sweet Chilli and Coriander Mayonnaise), Rainbow Coleslaw, French Vinaigrette, Ranch Dressing, Thousand Island Dressing, Balsamic Dressing, Caesar Dressing, Fresh Hummus, Fresh Basil Pesto (NUT FREE). Dairy Free and Gluten Free Options Available on Hot Meals