



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

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