

Eastern & Oriental flavours



CHICKEN KORMA
& BASMATI RICE. SERVED WITH NAAN BREAD
& MANGO CHUTNEY

★
All meat & poultry is UK sourced from higher standard welfare schemes



SWEET POTATO CURRY

SERVED WITH BASMATI RICE & MANGO CHUTNEY ON THE SIDE

Our menu is carefully nutritionally balanced

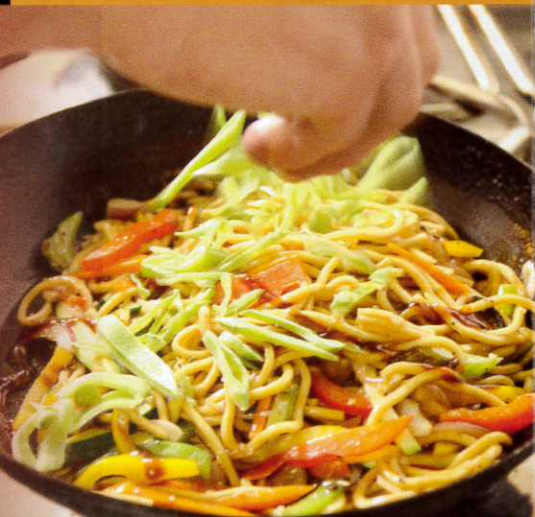


VEGETARIAN SAMOSA

CHUNKY CHIPS, SWEET CHILLI SAUCE & GARDEN PEAS



SWEET & SOUR CHINESE VEGETABLE NOODLES



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Our Menu...

MONDAY

Margherita Pizza served with Lattice Potatoes or Fresh Tomato Penne Pasta & Help yourself Salad Bar
Sweet Potato Curry served with Basmati Rice & Mango Chutney

Scotch Pancake with Fruit & Ice-Cream

WEEK ONE

TUESDAY

Oven Baked Pork or Chicken Sausages served with Mashed Potato & Baked Beans
Tasty Vegetarian Sausage with Mashed Potato & Baked Beans

Chocolate Sponge & Chocolate Sauce

WEDNESDAY

Penne Pasta Beef Bolognese served with Garlic Bread & Help yourself Salad Bar on the side
Tomato & Herb Penne Pasta served with Garlic Bread & Salad Bar

Carrot Cake

THURSDAY

Roast Chicken with Roast Potatoes, fresh Seasonal Vegetables, Gravy and Sage and Onion Stuffing
Roast Vegetable Loaf, crispy Roast Potatoes, fresh Seasonal Vegetables & Vegetarian Gravy

Fruit Jelly & Strawberry Ice-Cream

FRIDAY

Breaded Fish Fingers served with Baked Beans, Chunky Chips & Tomato Ketchup
Thai Salmon Fishcake served with Sweet Chilli Sauce, Garden Peas, Chunky Chips
Southern Style Veggie Burger served with Chunky Chips, Tomato Ketchup & Garden Peas

Apple & Raisin Flapjack Served with Vanilla Custard

Available: 30/10/17, 13/11/17, 27/11/17, 11/12/17, 1/1/18, 15/1/18, 29/1/18, 19/2/18, 5/3/18, 19/3/18

MONDAY

Vegetarian Vege Balls served with fresh Tomato Penne Pasta Served with Garlic & Herb Focaccia Bread
Jacket Potato Bar - Choose your own topping, Help yourself Salad Bar

Blueberry Muffin & Custard (Reduced Sugar)

WEEK TWO

TUESDAY

Mediterranean Flatbread, Garlic and Mayonnaise or Sweet Chilli Chicken served with Potato Salad & Coleslaw
Mexican style Vegetarian Enchiladas & Salad Bar on the side

Fruity Belgian Bun

WEDNESDAY

Beef Burger served in a Floured Bun Along with Seasoned Fries & Help yourself Salad Bar
Vegetarian Hot Dogs Seasoned Fries, Salad Bar

Frozen Yoghurt with Mango Topping

THURSDAY

Chicken Korma & Basmati Rice served with Naan Bread & Mango Chutney
Sweet & Sour Chinese Vegetable Noodles

Orange and Mandarin Sponge Cake

FRIDAY

Breaded Fish, Chunky Chips, Tomato Ketchup & Garden Peas
Vegetarian Samosa, Chunky Chips, Sweet Chilli Sauce & Garden Peas

Vanilla Shortbread Biscuit & Strawberry Ice cream

Available: 6/11/17, 20/11/17, 4/12/17, 18/12/17, 8/1/18, 22/1/18, 5/2/18, 26/2/18, 12/3/18, 26/3/18

Served daily: unlimited salad bar, seasonal veg, fresh fruit, organic yoghurt, freshly baked bread and drinking water

- Vegetarian

Awesome Desserts



BLUEBERRY MUFFINS

Baked on Site

SERVED WITH CUSTARD



CARROT CAKE

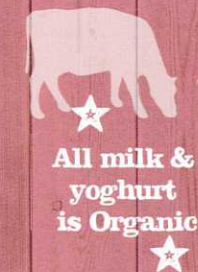
70% of our homemade desserts are sugar reduced



Proud to work with



UK SUPPLIERS



SCOTCH PANCAKE

SERVED WITH VANILLA ICE CREAM

FRUITY BELGIAN BUNS



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