

WEEK COMMENCING
 6/11/2023 27/11/2023 18/12/2023 08/01/2024 29/01/2024 19/02/2024
 11/03/2024 01/04/2024 22/04/2024 13/05/2024 03/06/2024
 24/06/2024 15/07/2024

V – Vegetarian
 VE - Vegan

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

MONDAY

Fragrant Chicken Tagine with Jewelled Lemon Couscous

TUESDAY

Classic Beef Lasagne, Garden Salad & Homemade Garlic Bread

WEDNESDAY

Salt & Pepper Roast Chicken, Crisp Roasties, Roasted Root Vegetables & House Gravy

THURSDAY

Chicken Tikka Masala, Wholegrain & White Rice, Kachumber Salad & Mango Chutney

FRIDAY

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce

VEGETARIAN MAIN MEALS

MONDAY

Harissa Roasted Sweet Potato & Chickpea Tagine with Jewelled Lemon Couscous (VE)

TUESDAY

Vegetable & Mixed Bean Lasagne, Garden Salad & Homemade Garlic Bread (V)

WEDNESDAY

Crunchy Topped Macaroni Cheese, House Salad or Seasonal Vegetables (V)

THURSDAY

Goan Potato & Spinach Curry, Wholegrain & White Rice, Kachumber Salad & Mango Chutney (VE)

FRIDAY

Roasted Provencale Vegetable & Feta Pasty with Chips & Peas (V)

DESSERTS

MONDAY

Berry & Apple Crumble with Custard

TUESDAY

Sticky Toffee Pudding with Butterscotch Sauce

WEDNESDAY

Pear & Cocoa Sponge with Custard

THURSDAY

Apple & Chocolate Pinwheel

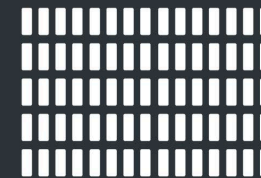
FRIDAY

Manager's Special

FRUIT & YOGHURT POTS AVAILABLE DAILY

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily



MONDAY

Buffalo Cauliflower Wings on Salt & Pepper Wedges (V)

TUESDAY

Greek Souvlaki Chicken

WEDNESDAY

Korean Crispy Fried Chicken

THURSDAY

Mei Goreng Indonesian Fried Noodles (V)

FRIDAY

Manager's Special

NATURALLY



MONDAY

Sweet Chilli Glazed Vegan Bites (VE)

TUESDAY

The Big Plant Burger (VE)

WEDNESDAY

Vegetable Gyozas in a Chilli & Ginger Broth (V)

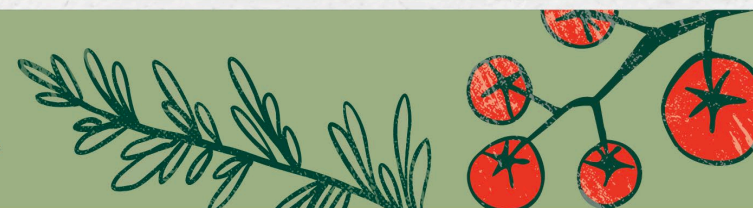
THURSDAY

Lentil Buddha Bowl (VE)

FRIDAY

Vegan Bean & Jalapeno Burrito (VE)

TRATTORIA



MONDAY

Tomato & Basil Pasta

TUESDAY

Manager's Special

WEDNESDAY

Mozzarella & Tomato or Spicy Sausage, Cheese & Tomato Pizza

THURSDAY

Manager's Special

FRIDAY

Mozzarella & Tomato or BBQ Chicken, Cheese & Tomato Pizza

Our Vegetarian and Vegan recipes are approved by the Vegetarian Society.



WEEK 2

WEEK COMMENCING
 23/10/2023 13/11/2023 04/12/2023 15/01/2024 05/02/2024 26/02/2024
 18/03/2024 08/04/2024 29/04/2024 20/05/2024 10/06/2024
 01/07/2024 22/07/2024

V – Vegetarian
VE - Vegan

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

Loaded Mac n Cheese, a Selection of Toppings, House Salad & Garlic Bread

TUESDAY

Traditional Sausage & Mash, Caramalised Onion Gravy with Carrots & Peas

WEDNESDAY

Hand Carved Roast British Turkey, Crisp Roasties, Roasted Root Vegetables & House Gravy

THURSDAY

Ramen Bar

FRIDAY

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas & Tartare Sauce

MONDAY

Loaded Mac n Cheese, a Selection of Toppings, House Salad & Garlic Bread (V)

TUESDAY

Plant Based Sausage & Mash, Caramalised Onion Gravy with Carrots & Peas (VE)

WEDNESDAY

Roasted Butternut Squash & Edamame Bean Wellington, Crisp Roasties, Roasted Root Vegetables & House Gravy (VE)

THURSDAY

Ramen Bar (V)

FRIDAY

Vegan Falafel Burger, Naked Slaw, Mango Chutney, Chips & Peas (VE)

DESSERTS

MONDAY

Jam Sponge with Custard

TUESDAY

Pear & Ginger Crumble with Cinnamon Custard

WEDNESDAY

Steamed Chocolate Sponge with Chocolate Sauce

THURSDAY

Apple & Blackberry Crumble with Vanilla Sauce

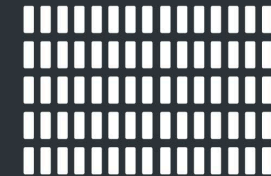
FRIDAY

Manager's Special

FRUIT & YOGHURT POTS AVAILABLE DAILY

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily



MONDAY

Lebanese Cauliflower Khobez (V)

TUESDAY

Chinese Style Vegan Noodles (VE)

WEDNESDAY

Loaded Jamaican Jerk Chicken Burger

THURSDAY

Sri Lankan Fried Chicken

FRIDAY

Manager's Street Vibes Special

NATURALLY



MONDAY

Vegetable Gyozas in a Chilli & Ginger Broth (VE)

TUESDAY

The Big Plant Burger (VE)

WEDNESDAY

Vegetable Korean Noodles (VE)

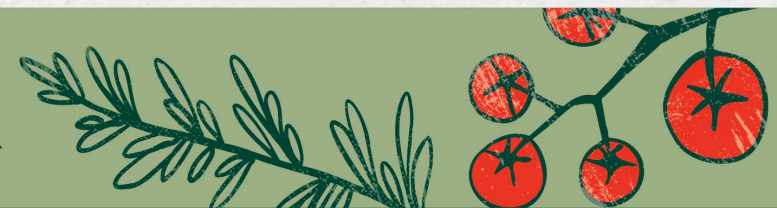
THURSDAY

Onion Bhaji Naan Pizza (V)

FRIDAY

Hot Falafel Poke Bowl (V)

TRATTORIA



MONDAY

Tomato & Basil Pasta

TUESDAY

Manager's Special

WEDNESDAY

Mozzarella & Tomato or Spicy Sausage, Cheese & Tomato Pizza

THURSDAY

Manager's Special

FRIDAY

Mozzarella & Tomato or BBQ Chicken, Cheese & Tomato Pizza

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WEEK 3

WEEK COMMENCING
 30/10/2024 20/11/2023 11/12/2023 01/01/2024 22/01/2024 12/02/2024
 04/03/2024 25/03/2024 15/04/2024 06/05/2024 27/05/2024
 17/06/2024 08/07/2024

V – Vegetarian
 VE - Vegan

CLASSIC HOT & HEARTY

CLASSIC MAIN MEALS

VEGETARIAN MAIN MEALS

MONDAY

BBQ Chicken Fajita, Salt & Pepper Wedges, Spiced Slaw & Sauces

TUESDAY

Beef & Tomato Ragout with Wholegrain Pasta & House Salad

WEDNESDAY

Lemon & Thyme Roast Chicken, Crisp Roasties, Seasonal Vegetables & House Gravy

THURSDAY

Chicken Makhani Curry with Rice, Naan Bread & Mango Chutney

FRIDAY

Chip Shop "Fryday" Fish, Pizza or Fishcake & Chips with Peas and Tartare Sauce

MONDAY

Falafel & Vegetable Fajita, Salt & Pepper Wedges, Spiced Slaw & Salsa (VE)

TUESDAY

Plant Based Ragout with Wholegrain Pasta & House Salad (VE)

WEDNESDAY

Roast Beetroot, Onion & Goats Cheese Pissaladiere (V)

THURSDAY

Sri Lankan Split Pea & Cauliflower Curry, Braised Pilau Rice (V)

FRIDAY

Vegan Onion Bhaji Burger, Slaw, Chips & Peas (VE)

DESSERTS

MONDAY

Apple & Blackberry Pie with Custard

TUESDAY

Pineapple Upside-Down Pudding

WEDNESDAY

Sticky Lemon Sponge with Custard

THURSDAY

Warm Chocolate Brownie with Chocolate Sauce

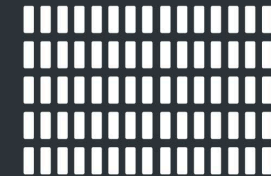
FRIDAY

Manager's Special

FRUIT & YOGHURT POTS AVAILABLE DAILY

HOMEMADE SOUP & FRESHLY BAKED BREAD Available Daily

JACKET POTATOES Topped with a Choice of: Cheese, Tuna or Beans Available Daily



MONDAY

Louisiana Dirty Rice (VE)

TUESDAY

Mozambique Piri Piri Chicken

WEDNESDAY

"Yaroa Dominican" Minced Beef & Pepper Loaded Wedges

THURSDAY

Gnocchi with Mushroom, Spinach & Pesto topped with Crispy Onion & Shaved Cheese (V)

FRIDAY

Manager's Street Vibes Special

NATURALLY



MONDAY

Fork Friendly Onion Bhaji Kebab(V)

TUESDAY

The Big Plant Burger (VE)

WEDNESDAY

Tomato, Feta & Spinach Pinwheel (V)

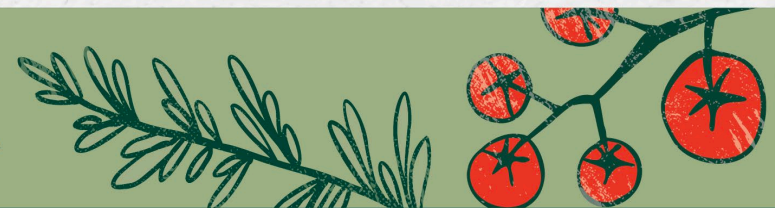
THURSDAY

Vegan Korean Noodles (VE)

FRIDAY

Chipotle Bean Nacho Bowl (V)

TRATTORIA



MONDAY

Tomato & Basil Pasta

TUESDAY

Manager's Special

WEDNESDAY

Mozzarella & Tomato or Spicy Sausage, Cheese & Tomato Pizza

THURSDAY

Manager's Special

FRIDAY

Mozzarella & Tomato or BBQ Chicken, Cheese & Tomato Pizza

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