

**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

### VEGETARIAN MAIN MEALS

**MONDAY**

Fragrant Chicken Tagine with Jewelled Lemon Couscous

**TUESDAY**

Classic Beef Lasagne, Garden Salad & Homemade Garlic Bread

**WEDNESDAY**

Glazed British Roast Gammon, 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

**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

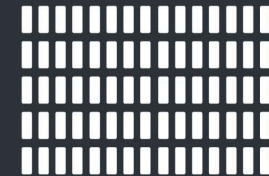
**FRIDAY**

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 Street Vibes Special

## NATURALLY

**MONDAY**

Sweet Chilli Glazed Vegan Bites (VE)

**TUESDAY**

The Big Plant Burger (VE)

**WEDNESDAY**

Vegetable Gyozas in a Chilli & Ginger Broth (V)

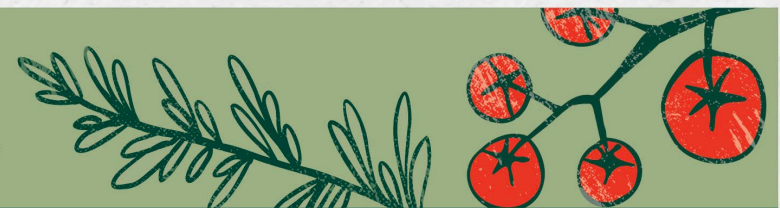
**THURSDAY**

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



**WEEK COMMENCING**  
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(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 Pork 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

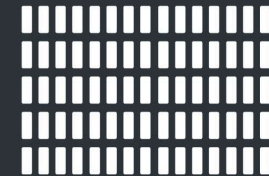
#### FRIDAY

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)

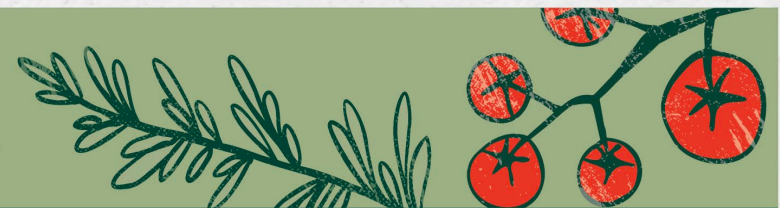
#### THURSDAY

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

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



**WEEK COMMENCING**  
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(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

Roast Shoulder of Pork, 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

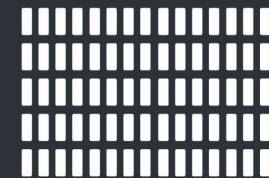
#### FRIDAY

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)

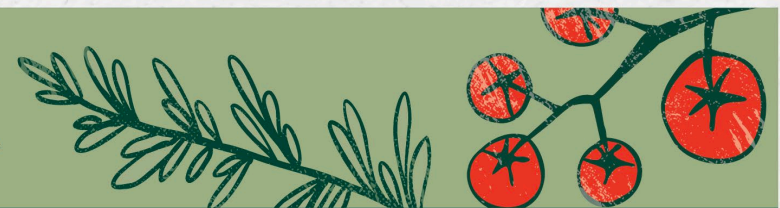
#### THURSDAY

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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