

Weekly Menu

Week 1
06/01 - 09/01
26/01 – 30/01



For allergen & nutritional
information, please speak
to a member of the team.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Soup
Station

Mulligatawny Soup
Homemade Bread
Seeds and Croutons

Vegetable and lentil Soup
Homemade Bread
Seeds and Croutons

Pumpkin Soup
Homemade Bread
Seeds and Croutons

Minestrone soup
Homemade Bread
Seeds and Croutons

Leek and potato
Homemade Bread
Seeds and Croutons

Main

Tandoori Spiced Chicken
Curried Peppers,
Coriander and Lemon
Tandoori Sauce

Beef cottage pie, root vegetables
Homemade gravy

Crispy panko crumb chicken breast
Katsu curry sauce

Pork loin Porchetta
Peppers, basil
Red pesto sauce

Jumbo Fish Fingers,
Tartare Sauce, Lemon

Plant Based
Vegetarian

Giant Onion, Sweet Potato
and Coriander Bhaji
Mango, Spinach and Onion Salad
Flatbread, Raita

Potato, lentil and mushroom stew with
herb dumplings and cheese

Sweet potato and fresh ginger fritter
Katsu curry sauce

Baked Aubergine Parmigiana, tomato
sauce

Mushroom and Halloumi Burger
Tomato, Mayo, Pickles
Brioche Bun

Lighter
Bites

Wholemeal Pasta
Tomato Sauce
Cheddar Cheese
Herby Croutons

Baked Potato Selection
Baked Beans
Cheddar Cheese
Herby Croutons

Pasta
Tomato Sauce
Cheddar Cheese
Herby Croutons

Pasta
Tomato Sauce
Cheddar Cheese
Herby Croutons

Pasta
Tomato Sauce
Cheddar Cheese
Herby Croutons

Sides

Bombay Style Roasted Potatoes
Steamed Cauliflower, cumin butter
Spiced Corn Wedges
Poppadom's

Root vegetables
Buttered green beans

Noodles
5 Spiced Broccoli
Asian Vegetables

Steamed minted new potatoes
Courgette and carrot

Seasoned fries
Mushy Peas
Garden Peas and corn
Curry Sauce

Desserts

Banana and toffee slice
Freshly Cut Fruits,
Whole Fruits

Lemon drizzle
Freshly Cut Fruits,
Whole Fruits

Baked vanilla and raspberry waffle pie
Freshly Cut Fruits,
Whole Fruits

Greek yoghurt and orange polenta cake
Freshly Cut Fruits,
Whole Fruits

Ice Cream Pot
Freshly Cut Fruits,
Whole Fruits

Grab n Go
Dessert
Pots

Fruit Selection, Yogurts
and Sweet Treats

Salad
Station

A Selection of Composite Salads
Protein and Cheese,
Tomatoes, Cucumbers, Sweetcorn,
Grated Carrot and Sliced Peppers
Selection of Flavored Oils,
Pickles, Dressings
Herby Croutons,
Toasted Seeds, Chilli Flakes

A Selection of Composite Salads
Protein and Cheese,
Tomatoes, Cucumbers, Sweetcorn,
Grated Carrot and Sliced Peppers
Selection of Flavored Oils,
Pickles, Dressings
Herby Croutons,
Toasted Seeds, Chilli Flakes

A Selection of Composite Salads
Protein and Cheese,
Tomatoes, Cucumbers, Sweetcorn,
Grated Carrot and Sliced Peppers
Selection of Flavored Oils,
Pickles, Dressings
Herby Croutons,
Toasted Seeds, Chilli Flakes

A Selection of Composite Salads
Protein and Cheese,
Tomatoes, Cucumbers, Sweetcorn,
Grated Carrot and Sliced Peppers
Selection of Flavored Oils,
Pickles, Dressings
Herby Croutons,
Toasted Seeds, Chilli Flakes

A Selection of Composite Salads
Protein and Cheese,
Tomatoes, Cucumbers, Sweetcorn,
Grated Carrot and Sliced Peppers
Selection of Flavored Oils,
Pickles, Dressings
Herby Croutons,
Toasted Seeds, Chilli Flakes

Lunch

Week 2

12/01 – 16/01

02/02 – 06/02



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Station	Sweet Potato Soup Homemade Bread Seeds and Croutons	Cauliflower Soup Homemade Bread Seeds and Croutons	Red Lentil and Winter Squash Soup Homemade Bread Seeds and Croutons	Roasted Parsnip and Rosemary Soup Homemade Bread Seeds and Croutons	Mushroom Soup Homemade Bread Seeds and Croutons
Main	Sticky Asian Glazed Chicken, Green Onion and Soy Sauce	Roasted Maple and Mustard Glazed Gammon Homemade Gravy	Beef Meatball, Tomato Ragu with Fresh Basil and Spaghetti, Cheddar Cheese	Local Butcher's Sausages Pork and Herb Chicken Homemade gravy	6oz Beef Patty Brioche Bun
Plant Based Vegetarian	Edamame and Soba Noodle Bowl with Carrot, Soya, Broccoli	Freemen's 'No Nut' Loaf Homemade Vegetarian Gravy	Squash, Courgette and Green Lentil Bolognaise	Sausages Vegetarian Vegan	Breaded Halloumi Burger with a Greek Style Yoghurt Mayo, Pickled Salad and Brioche Bun
Lighter Bites	Baked Potato Selection Baked Beans Cheddar Cheese Herby Croutons	Wholemeal Pasta Tomato Sauce Cheddar Cheese Herby Croutons	Baked Potato Selection Baked Beans Cheddar Cheese Herby Croutons	Pasta Tomato Sauce Cheddar Cheese Herby Croutons	Pasta Tomato Sauce Cheddar Cheese Herby Croutons
Side	Special Fried Rice Flash Fried Asian Greens Prawn Crackers	Roast Potatoes Cauliflower Cheese Seasoned Carrots and Peas Yorkshire Pudding	Spaghetti Garlic Bread Fingers Charred Broccoli Sweetcorn	Mashed Potatoes Corn Cob wedges Green Beans Fried Onions	Baked Seasoned Wedges Garden Peas Sweetcorn Smokey BBQ Mayo
Desserts	Matcha Cheesecake, Mango Sauce Freshly Cut Fruits Whole Fruits	Apple and Caramel Crumble Freshly Cut Fruits Whole Fruits	Double Chocolate Cake Freshly Cut Fruits Whole Fruits	Peach Cobbler and Vanilla Cream Freshly Cut Fruits Whole Fruits	Ice Cream Pot Freshly Cut Fruits Whole Fruits
Grab n Go Dessert Pots	Fruit selection, Yoghurts and Sweet treats				
Salad Station	A Selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A Selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A Selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes

Lunch

Week 3
19/01 – 23/01
09/02 – 13/02



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup Station	Curried Parsnip Soup Homemade Bread Seeds and Croutons	Carrot and Coriander Soup Homemade Bread Seeds and Croutons	Chicken Noodle Soup Homemade Bread Seeds and Croutons	Barley and Vegetable Winter Soup Homemade Bread Seeds and Croutons	Tuscan Bean Soup Homemade Bread Seeds and Croutons
Main	Baked Caribbean Chicken	Classic Beef Lasagna with a Cheese, Tomato and Herb Crust	Chicken Casserole, Chasseur Style with Tomato & Tarragon Sauce	Mac n Cheese Bar Smokey Pulled Pork Shoulder BBQ Sauce	Battered Fish Tartare Sauce Fresh Lemon
Plant Based Vegetarian	Jerk Spiced Cauliflower Steak, Mango and Tomato Salsa	Vegetable and Lentil Lasagna with Kale, Leeks and Cheddar Cheese	Winter Vegetable Wellington, Sage Cream Sauce	Mac n Cheese Bar Crispy Kale Falafels Crispy Onions	Charred Halloumi Burrito, filled with Green Lentils, Red Rice and Peppers
Lighter Bites	Wholemeal Pasta and Tomato Sauce Grated Cheddar Cheese Herby Croutons	Baked Potato Selection Baked Beans Cheddar Cheese Herby Croutons	Pasta and Tomato Sauce Grated Cheddar Cheese Herby Croutons	Baked Potato Selection Baked Beans Cheddar Cheese Herby Croutons	Pasta Tomato Sauce Grated Cheddar Cheese Herby Croutons Toasted Seeds
Sides	Coconut Rice with Plantain Chips Black Bean and Courgette Cornbread Spiced Jerk Roasted Vegetables	Crushed Potatoes with Garlic and Parsley Green Beans Roasted Carrots with Rosemary Crusty Garlic Bread	Couscous, Citrus and Fresh Herbs Steamed Cauliflower Savoy Cabbage	Glazed Root Vegetables Blackened Cajun Corn	Seasoned fries Mushy Peas Sweetcorn and Peas Curry Sauce
Desserts	Jamaican Ginger Sponge with Pineapple Freshly Cut Fruits Whole Fruits	Chocolate Chip Cookie Bar Freshly Cut Fruits Whole Fruits	Mixed Berry Trifle and Meringue Freshly Cut Fruits Whole Fruits	Reduced Sugar Victoria Sponge, Strawberry Compote Freshly Cut Fruits Whole Fruits	Ice Cream Pot Freshly Cut Fruits Whole Fruits
Grab n Go Dessert Pots	Fruit Selection, Yogurts and Sweet Treats				
Salad Station	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes	A selection of Composite Salads Protein and Cheese, Tomatoes, Cucumbers, Sweetcorn, Grated Carrot and Sliced Peppers Selection of Flavored Oils, Pickles, Dressings Herby Croutons, Toasted Seeds, Chilli Flakes