

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

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and Sweet Treats

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and Sweet Treats

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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



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



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, Soy, Broccoli

Freeman's 'No Nut' Loaf
Homemade Vegetarian Gravy

Squash, Courgette and Green Lentil
Bolognese

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, Yogurts
and Sweet treats

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and Sweet Treats

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and Sweet Treats

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and Sweet Treats

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 3

19/01 – 23/01

09/02 – 13/02



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



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

Fruit Selection, Yogurts
and Sweet Treats

Fruit Selection, Yogurts
and Sweet Treats

Fruit Selection, Yogurts
and Sweet Treats

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