




# Menu 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soup Station	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons	Soup of the Day Served with chilli flakes, seeds & croutons
Main Meal of the Day	Aubergine, Mushroom and Lentil Moussaka  Or Tomato and Mushroom Quiche with ½ Jacket Potato	 Marinated chicken or Roasted Vegetable Ratatouille with Feta Cheese (served with sides below)	Roast Gammon with Roasted New Potatoes and Gravy  Or Roasted Vegetable and Butternut Squash Frittata	  Vegetable Curry Served with Sag Aloo, Naan Bread and Mango Chutney	Catch of the Day served with Chips, Lemon Wedge & Tartare Sauce  Or Chinese Mushroom and Black Bean Stir Fry with Egg Noodles
Sides	Roasted Mediterranean Vegetables Peas Fresh Mixed Salad	Green Beans Fresh Mixed Salad Garlic Bread Onion Rings Wedges Cajun Rice	Cauliflower Green Beans Fresh Mixed Salad	Sweetcorn Fresh Mixed Salad	Peas Baked Beans Fresh Mixed Salad
Hot Grab & Go	Vegetarian Chilli Burrito	Piri Piri Chicken Flat Bread		BBQ Sausage Wrap	Cheese & Tomato Flat Bread
Pasta Kitchen	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked Beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked Beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked Beans & cold toppings	Pizza Market and Pasta Kitchen Jacket Potatoes to include Sweet potato option, Baked Beans & cold toppings
	Chocolate and Orange Sponge with Chocolate Sauce	Mixed Summer Fruit Crumble with Custard	Carrot Cake	Apple Strudel with Custard	Pineapple Loaf

A daily selection of Fresh Grab & Go items are also available  
Some dishes may vary & are subject to availability