



SUMMER MENU • WEEK ONE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Main ONE</b></p> <p>Kung Pao Chicken with Steamed Rice and Peas</p>	<p><b>WRAP BAR</b></p> <p>Seasoned Chicken, Spicy Beef or Savoury Vegetable Mince with Paprika Wedges and Fried Greens</p>	<p>Honey Roast Gammon with Roast Potatoes, Seasonal Vegetables and Gravy</p>	<p>Mexican Beef Chilli with Nachos, Guacamole and Sour Cream</p>	<p>Breaded Fish or Salmon Fingers or Battered Chicken Chunks or Butchers Sausage with Chips and Beans or Peas</p>
<p><b>Main TWO</b></p> <p>Spanish Bean and Vegetable Stew with Seasonal Vegetables</p>	<p>Homity Pie with Roast Potatoes, Seasonal Vegetables and Gravy</p>	<p>Butternut Squash and Cauliflower Curry with Steamed Rice and Naan Bread</p>	<p>Sweet Potato and Chickpea Cake with Chips and Beans or Peas</p>	

- COLD DELI AND HOME BAKES Available daily
- FRESHLY PREPARED SANDWICHES, BAGUETTES AND WRAPS Available daily
- Boost your ENERGY WITH OUR WELL-BEING SALAD BAR
- HOT PANINIS Made daily
- Look out FOR OUR CHEFS SPECIALS
- PASTA BAR Available daily
- CURRY BAR Available daily



Scan the QR code to view the allergens. Please be aware that allergens are updated regularly, therefore please check allergens before consumption of meals.

We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cross contamination will never occur, we do take every possible precaution to prevent this from happening.







## SUMMER MENU • WEEK TWO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Main ONE</b></p> <p>Butchers Sausage and Mash with Seasonal Vegetables</p>	<p>Dartmoor Beef Lasagne with Root Slaw and Salad</p>	<p>Roast Shoulder or Pork with Roast Potatoes, Seasonal Vegetables and Gravy</p>	<p>Piri-piri Chicken Traybake with Baked New Potatoes, Minted Yoghurt and Greek Salad</p>	<p>Breaded Fish or Salmon Fingers or Battered Chicken Chunks or Butchers Sausage with Chips and Beans or Peas</p>
<p><b>Main TWO</b></p> <p>Mediterranean Ratatouille with Steamed Rice and Peas</p>	<p>Feta and Roasted Pepper Quiche with Wedges and Root Slaw</p>	<p>Cauliflower and Broccoli Gratin with Roast Potatoes, Seasonal Vegetables and Gravy</p>	<p>Crunchy Hoi Sin Vegetable Stir fry with Sweetcorn</p>	<p>Summer Vegetable Terrine with Chips and Beans or Peas</p>

**Main ONE**

**Main TWO**

COLD DELI AND HOME BAKES Available daily

FRESHLY PREPARED SANDWICHES, BAGUETTES AND WRAPS Available daily

Boost your ENERGY WITH OUR WELL-BEING SALAD BAR

HOT PANINIS Made daily

Look out FOR OUR CHEFS SPECIALS

PASTA BAR Available daily

CURRY BAR Available daily



Scan the QR code to view the allergens. Please be aware that allergens are updated regularly, therefore please check allergens before consumption of meals.

We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cross contamination will never occur, we do take every possible precaution to prevent this from happening.





**SUMMER MENU • WEEK THREE**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>The Brunch</b> Sausage, Bacon and Hash Brown and Baked Beans</p>	<p><b>CURRY DAY</b></p> <p>Beef Madras or Chicken Tikka Marsala or Thai Green Vegetable Curry with Steamed Rice, Naan Bread, Mango Chutney and Tomato and Onion Salad</p>	<p>Roast Chicken with Roast Potatoes, Seasonal Vegetables and Gravy</p>	<p>Sweet and Sour Pork with Noodles and Sweetcorn</p>	<p>Breaded Fish or Salmon Fingers or Battered Chicken Chunks or Butchers Sausage with Chips and Beans or Peas</p>
<p>5 Bean Enchillada, Hash Browns and Peas</p>		<p>Summer Vegetable Quiche with Roast Potatoes, Seasonal Vegetables and Gravy</p>	<p>Roasted Vegetable and Feta Flatbread with Minted Yoghurt and Greek Salad</p>	<p>Vegetable Fajita Wrap with Chips and Beans or Peas</p>

*Main*  
ONE

*Main*  
TWO

- COLD DELI AND HOME BAKES Available daily
- FRESHLY PREPARED SANDWICHES, BAGUETTES AND WRAPS Available daily
- Boost your ENERGY WITH OUR WELL-BEING SALAD BAR
- HOT PANINIS Made daily
- Look out FOR OUR CHEFS SPECIALS
- PASTA BAR Available daily
- CURRY BAR Available daily



Scan the QR code to view the allergens. Please be aware that allergens are updated regularly, therefore please check allergens before consumption of meals.

We are pleased to offer a variety of allergen free options on our food menu. Although all food is prepared in a kitchen that handles most allergens and therefore we cannot guarantee that cross contamination will never occur, we do take every possible precaution to prevent this from happening.