



Lunch Menu Monday 16 to Sunday 22 May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Butternut squash & coconut	Courgette & lemongrass	Carrot & pearl barley	Leek & potato	Curried lentil	Rosemary sweet potato	Broccoli
Mains kitchen	Zesty lentil prawn & haddock pilau	Beef lasagne	Roast pork with crackling & apple sauce	Coq au vin	Battered cod with grilled lemon & tartar sauce	Brazilian chicken empadinhas	Spicy pepperoni flat bread pizza, mozzarella, cheddar & Parmesan
Vegetarian	Piri piri grilled halloumi, grilled vegetables	Vegan BBQ burrito	Crocque madame, miso bechamel, spiced fried egg	Aubergine & veggie chilli	Tandoori chickpea, naan, pickled red onion, lettuce & cucumber, coconut yoghurt	BBQ jackfruit, raisin, coconut & coriander slaw, whole wheat wrap	Cheesy flat bread pizza, mozzarella, cheddar & parmesan, herby flat mushrooms
Street counter	Fried chicken, sriracha sour cream mayo	Hawaiian-style hot & sour huli huli chicken, crispy plantain	Korean sticky cauliflower	Pea, broccoli & paneer fritters, spicy mango relish	Tofu & vegetable kebab with couscous & roasted squash		
Powering performance		Lemon & cumin turkey steak, mango & miso dressed vegetables			Salmon fishcakes, hollandaise sauce or piperade salsa		
Sides	Sweet potato fries	Garlic & sage potatoes	Roast potatoes, roasted root veg	Warm crusty bread	Chips	Black bean stew	Parmesan polenta cubes
	Apple slaw, toasted seeds	Roasted Mediterranean vegetables	Steamed kale & mangetout	Wild rice	Mushy peas	Sweet potato salad	Balsamic rocket & parmesan salad or caponata vegetables
	Wok tossed spring greens	Parmesan & garlic focaccia	Broccoli & roast red pepper	French beans	Peas & sweetcorn		
Jacket potato bar	Jacket potato, turkey masala, baked beans, grated cheese	Jacket potato, mustard chicken, baked beans, grated cheese	Jacket potato, chunky veggie chilli, baked beans, grated cheese	Jacket potato, shawarma spiced lamb, baked beans, grated cheese	Jacket potato, butternut tagine, baked beans, grated cheese		
Pasta bar	Penne, ratatouille or cheese & chive sauce	Fusilli, balsamic roast tomato or truffle & three cheese sauce	Tagliatelle, chorizo carbonara or spinach, mascarpone & Parmesan sauce	Conchiglie, puttanesca sauce or creamy basil pesto	Macaroni, creamy mushroom or tomato & olive sauce		
Desserts	Lemon drizzle cake, honey yoghurt	Strawberry Bakewell tart	Toffee apple crumble	Blueberry & orange swiss roll, maple Greek yoghurt	Chocolate brownie	Tarte tatin	Black Forest tart



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Soup	Tomato & basil	Butternut squash & coconut	French onion	Sweetcorn chowder	Mushroom	Leek, pea & spinach	Spring vegetable broth
Mains kitchen	Pork kleftiko	Lemon & caper grilled chicken, caprese salad	Three-cheese mac, crispy shallots, crispy smoked bacon, brisket beef	Spaghetti bolognese	BBQ charred pork belly, stir fried greens	Selection of tacos, crispy chicken strips, baked salmon, herb falafel, crunchy salads & dips	Chipotle chicken quarters
Vegetarian	Onion bhaji burger, mango yoghurt, crunchy lettuce, crispy shallots, red pepper coulis	Mushroom stroganoff, parsley wild rice		Veggie lasagne	Shredded hoisin jackfruit		Chipotle marinated tofu, herby five-bean salad, corn salsa
Street counter	Salt beef bagel, crunchy gherkin, mustard mayo, Emmental cheese	Kale, quinoa, roasted squash pilau, sticky tempeh, spicy green beans		Chilli chicken burrito with tomato salsa	Stir fried turkey with Asian vegetables & noodles		Beef yakitori skewers, sliced scallion & ginger salad
Powering performance						Roasted pollock fillet, red chicory & orange salad, Dijon dressing	
Sides	Baked bell peppers & potatoes	Garlic dough balls	BBQ beans	Warm potato salad	Spiced sautéed potatoes	Sweet potato fries	Corn bread
	Green beans	Lemon courgettes	Parmesan rocket salad	Garden salad	Coriander vegetable noodles	Roast tenderstem broccoli, spicy pumpkin seeds	Sugar snap peas
Desserts	Spiced orange cake with pomegrate molasses frosting	Waffles or pancakes with banana & salted caramel sauce	Dark chocolate & cherry bars	Tiramisu	Passion fruit posset, vanilla shortbread	Chocolate brownie	Crepes with toppings

Lunch Menu Monday 23 to Friday 27 May

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Carrot, lemongrass & coriander	Leek & potato	Spiced lentil & squash	Roast parsnip	Sweet potato
Mains kitchen	Turkey escalope, barley & lentil salad	Dingly Dell pork & herb sausages with onion gravy	Honey roast gammon with pineapple chutney	Texan chunky beef chilli, lime sour cream	Battered pollock, lemon wedges, tartar sauce
Vegetarian	Beetroot falafel, shredded vegetable toasted wrap	Goan style aubergine & mushrooms	Tempeh & butternut squash massaman curry, black sesame pak choi	Seitan banh mi, steamed lotus bun	Veggie tikka masala, naan bread, poppadoms, mango chutney
Street counter	Sweet & sour deep fried tofu, steamed rice	Chicken kebab with sweet chilli, garlic flatbread & lemon courgettes	Courgette, feta, turmeric potato kuku, balsamic tomato jam	Japanese pork meatballs & pickled vegetables	Goan style seitan & bell pepper skewers, mango & mint dressing
Powering performance	Kale & mixed quinoa salad, baked lemon salmon	Teriyaki beef & mushrooms			Mustard oat crust mackerel & spinach risotto
Sides	Carrots	Colcannon mash	Roast new potatoes	Steamed rice	Chips
	Baby corn	Green beans	Roasted carrots/spring greens	Mangetout & tenderstem broccoli	Petit pois mushy peas
	Baked potato fries	Stir fried rice	Pak choi	Korean slaw	Vegetable pilau
Jacket potato bar	Jacket potato, shawarma spiced lamb, baked beans, grated cheese	Jacket potato, mustard chicken, baked beans, grated cheese	Jacket potato, chunky veggie chilli, baked beans, grated cheese	Jacket potato, Cajun spiced turkey mince, baked beans, grated cheese	Jacket potato, butternut tagine, baked beans, grated cheese
Pasta bar	Penne, ratatouille or cheese & chive sauce	Fusilli, balsamic roast tomato or truffle & three cheese sauce	Tagliatelle, chunky veg chilli, Parmesan, olives, garlic bread	Conchiglie, puttanesca sauce or creamy basil pesto	Macaroni, creamy mushroom or tomato & olive sauce
Desserts	Pineapple upside down sponge	Coconut panna cotta, mango puree	Apple & pear crumble with custard	Chocolate mud pie	Dutch apple pie with cream



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Soup	Butternut squash & coconut	Broccoli	Mushroom	Sweetcorn chowder	Tomato & basil
Mains kitchen	Lamb biryani, mango chutney, citrus yoghurt	Sticky ginger salmon, sesame rice noodles	Spicy chicken, beef or bean burger, selection of buns, salads & sauces	Char sui belly of pork on vegetable stir fry	Bangers & mash with caramelised onion gravy
Street counter	Normandy pork steaks, bramley apples, mustard cream sauce	Soffritto chicken, spelt, beans & kale		Courgette & brie gratin	Grilled mackerel, lemon & orange couscous
Vegetarian	Pea & broccoli fritters, orange, avocado & spinach salad, red pepper coulis	Spiced falafel with yoghurt & pitta bread	Kale, grilled goat's cheese, roast tomato, garlic bread sticks, Caesar dressing	Char sui aubergine & button mushrooms	Turkish kebab with sumac onions
Powering performance					Quorn & spinach tagine
Sides	Grilled sweet potato	Parsley diced potatoes	Mac & cheese	Ginger noodles	Roast carrots
	Mangetout	Sweetcorn	BBQ Cajun beans	Stir fried vegetables	Braised red cabbage
Desserts	Lemon drizzle flapjacks	Nanaimo bars	Carrot cake with lime frosting	Mississippi mud cake	Orange & passionfruit bake, mascarpone icing