

# Breakfast

Carbs per 100g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HOT ITEMS</b>	Pork Sausages (8.9g) Boiled eggs (og) Grilled tomato (3g) Baked beans (15g) Potato waffles (24g)	Grilled back bacon (og) Scrambled Eggs (2g) Sauteed mushrooms (o.3g) Baked beans (15g) Hash browns (23g)	Pork Sausages (8.9g) Poached Eggs (og) Plum tomatoes (3.8g) Baked beans (15g) Tater tots (22g)	Grilled back bacon (og) Boiled Eggs (og) Sauteed mushrooms (o.5g) Baked beans (15g) Waffle Fries (24g)	Pork Sausages (8.9g) Scrambled eggs (2g) Plum tomatoes (3.8g) Baked beans (15g) Herby diced potatoes (19g)	Grilled back bacon (og) Boiled eggs (og) Roasted flat mushrooms (2.6g) Baked beans (15g) Hash browns (23g)	Pork sausages (8.9g) Fried Eggs (og) Sauteed spinach and mushrooms (2.3g) Baked beans (15g) Tater tots (22g)
<b>DAILY SPECIAL</b>	Buttermilk pancakes (41g) with berry compote (34.5g)	Omelette (5.9g) bar with selection of fillings	Smoothie bowls	Omelette bar (5.9g) with selection of fillings	Omelette bar (5.9g) with selection of fillings	Avocado (14og) on sourdough toast (49g) with sun blushed tomatoes (18g) and feta (o.7g)	Buttermilk fried chicken (9.3g) waffles (56g) with maple syrup (67g) and smoked streaky bacon (og)  Buttermilk fried halloumi (21g) waffles (56g) with maple syrup (67g)
<b>WEEKLY SPECIAL</b>	<b>Bagel bar</b> White (5og) and whole grain (47g) bagels with – Smoked salmon (og), Salami (2g), Ham (o.7g), Cream cheese (4.9g), Cottage cheese (4.2g), Emmental cheese (og), Avocado (1.9g), Tomatoes (3g), Boiled Eggs (og)						
<b>DAILY BREAKFAST ITEMS</b>	Selection of pastries Hydration station Yoghurt station Sliced fruits / whole fruits Porridge with selection of toppings Selection of cereals and granola						

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HOT ITEMS</b>	Pork Sausages (8.9g) Boiled eggs (og) Grilled tomato (3g) Baked beans (15g) Potato waffles (24g)	Grilled back bacon (og) Scrambled Eggs (2g) Sauteed mushrooms (0.3g) Baked beans (15g) Hash browns (23g)	Pork Sausages (8.9g) Poached Eggs (og) Plum tomatoes (3.8g) Baked beans (15g) Tater tots (22g)	Grilled back bacon (og) Boiled Eggs (og) Sauteed mushrooms (0.5g) Baked beans (15g) Waffle Fries (24g)	Pork Sausages (8.9g) Scrambled eggs (2g) Plum tomatoes (3.8g) Baked beans (15g) Herby diced potatoes (19g)	Grilled back bacon (og) Boiled eggs (og) Roasted flat mushrooms (2.6g) Baked beans (15g) Hash browns (23g)	Pork sausages (8.9g) Fried Eggs (og) Sauteed spinach and mushrooms (2.3g) Baked beans (15g) Tater tots (22g)
<b>DAILY SPECIAL</b>	Stuffed croissants with ham and cheese (22g) or cheese and tomato (22g)	Omelette (5.9g) bar with selection of fillings	Smoothie bowls	Omelette (5.9g) bar with selection of fillings	Omelette bar (5.9g) with selection of fillings	Mexican loaded hash browns with salsa, avocado, sour cream, cheese, jalepno and coriander (28g)	Breakfast burrito with smoked bacon, egg, hash brown, tomato sauce and cheese (30g)
<b>WEEKLY SPECIAL</b>	<b>Continental Breakfast bar</b> Selection of breads, selection of cured meats, Emmental cheese (og), Brie(2g), Cottage cheese (4.2g), Boiled eggs(og), Mini blueberry muffins (48g)						
<b>DAILY BREAKFAST ITEMS</b>	Selection of pastries Hydration station Yoghurt station Sliced fruits / whole fruits Porridge with selection of toppings Selection of cereals and granola						

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>HOT ITEMS</b>	Pork Sausages (8.9g) Boiled eggs (og) Grilled tomato (3g) Baked beans (15g) Potato waffles (24g)	Grilled back bacon (og) Scrambled Eggs (2g) Sauteed mushrooms (o.3g) Baked beans (15g) Hash browns (23g)	Pork Sausages (8.9g) Poached Eggs (og) Plum tomatoes (3.8g) Baked beans (15g) Tater tots (22g)	Grilled back bacon (og) Boiled Eggs (og) Sauteed mushrooms (o.5g) Baked beans (15g) Waffle Fries (24g)	Pork Sausages (8.9g) Scrambled eggs (2g) Plum tomatoes (3.8g) Baked beans (15g) Herby diced potatoes (19g)	Grilled back bacon (og) Boiled eggs (og) Roasted flat mushrooms (2.6g) Baked beans (15g) Hash browns (23g)	Pork sausages (8.9g) Fried Eggs (og) Sauteed spinach and mushrooms (2.3g) Baked beans (15g) Tater tots (22g)
<b>DAILY SPECIAL</b>	Toasted cheese crumpets with chilli, avocado and cherry tomatoes (19g)	Omelette (5.9g) bar with selection of fillings	Smoothie bowls	Omelette (5.9g) bar with selection of fillings	Omelette (5.9g) bar with selection of fillings	Chickpea scramble with spinach and roasted peppers (30g) on sourdough toast (49g)	Slow cooked salt beef (og) bagels (50g) with Emmental cheese (og), pickles (1.8g) and mustard  Avocado (1.9g) and halloumi (3g) bagel (50g) with sun blushed tomatoes (17.9g)
<b>WEEKLY SPECIAL</b>	<b>Pancake bar</b> American pancakes (36.9g) or crepes (34.8g) with – Berry compote (34.5g), sliced bananas (20g), chocolate spread (54g), syrup (79g), Vanilla cream (4.6g), Avocado (1.9g), Seeds (15.2g)						
<b>DAILY BREAKFAST ITEMS</b>	Selection of pastries Hydration station Yoghurt station Sliced fruits / whole fruits Porridge with selection of toppings Selection of cereals and granola						

# Lunch

Carbs per 100g

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
SOUP	Soup of the day with homemade bread											
MAIN COURSE 1	Cajun chicken legs (2g) with charred corn and jalapeno salsa (11g)		Sweet and sour chicken (11g)		Loaded Mac and cheese Mac and cheese (10g) base with –		Beef cottage pie with crispy potato, leek and cheddar topping (7.6g)		Battered fish (10g) with lemon and tartar sauce		Spud society Jacket potatoes (51g) or sweet jackets (28g) loaded with –	
MAIN COURSE 2	Braised beef and black turtle bean chilli (21g) with sour cream (2.7g) and cheese (1.9g)		Sweet chilli king prawn and vegetable stir fry (6g)		Smokey BBQ Beef brisket (11g) Or Chipotle pulled pork (0g) Or Mixed bean and roasted vegetable chilli (17.3g)		Pork and leek sausages (11g) with caramelised onion gravy (5g)		Battered jumbo sausage (19g)		Pulled chilli beef brisket (6.2g) with provolone (0.6g) and chimichurri (6.3g) Or Carolina BBQ sticky chicken (9g) Or Pea and fava bean keema curry (6.5g), raita (7.8g), poppadom crumb (5.8g)	
MEAT FREE	Black turtle bean, corn and pepper chilli (15g) with sour cream (2.7g) and cheese (1.9g)		Sweet chilli tofu and vegetable stir fry (6.6g)				Eat curious cottage pie with crispy potato, leek and cheddar topping (13g)		Battered jumbo plant based sausage (30g)			
PLANT BASED	Freekeh and pinto bean burger, sesame seed bun, "cheese" sauce, pickles (34g) Roasted sweet potato (24.7g) Panzanella salad (11g)		Tofu, fava bean and chorizo cassoulet (3.9g) Sauteed Kale (5.6g) Toasted sourdough bread (49g)		Sweet potato falafels (18.7g) with harissa hummus(9.6g), khobez bread (60g), sumac slaw (6g)and pomegranates (11.8g) Jewelled couscous (72g) Garlic roasted courgettes (5.6g)		Hoi sin tofu (9.9g) bao buns (51g) with pickled vegetables (2.1g), crispy onions (31g) and sriracha mayonnaise (4.8g) Sticky rice (28g) Sauteed mixed greens (2.8g)		"Meatball" Marinara subs with "cheese" sauce and crispy onions (21g) Chunky chips (36g) Roasted vegetables (4.6g)		Toppings Seeded dukkah (5.7g) Crispy onions (31g) Svaoury granola Mixed seeds (16g) Pesto (8.1g) Avocado (1.9g) Romesco sauce Cottage cheese (4.2g) Grated cheese (1.4g)	
SIDES	Tomato rice with spring onions and peppers (16g) Steamed green beans (5g) Coriander lime roasted squash (7.4g)		Egg fried rice (20g) Soy, chilli and garlic roasted broccoli (3g) Steamed peas and soy beans (11g) Spring rolls (27.7g) and prawn crackers (58g)		Roast vegetables (4.6g) Sweetcorn (14g) Garlic bread (34.3g)		Garlic and rosemary roasted new potatoes (15g) Honey roasted carrots and parsnips (12g) Sauteed cabbage (2.8g)		Chunky chips (36g) Mushy peas (14g) Peas (10g)		Sides Roast vegetables (4.6g) Green beans (5g)	
JACKET/PASTA BAR	Pasta (33g), Jacket potatoes (51g) and baked sweet potatoes (28g) Baked beans (15g) Tomato sauce (6.5g) Cheese sauce (5.8g) Daily specials											
HOT DESSERT	Sticky toffee pudding (67g) with toffee sauce (61g)		Peach and raspberry crumble (28g) with custard (16g)		Chocolate and banana bread and butter pudding (20g)		Steamed apple and toffee sponge (41g) with cream (4.6g)		Warm cookie dough (56g) with vanilla cream (24g)			
COLD DESSERT	Chocolate chip flapjack (56g)		Glazed lemon tarts (23g)		Blueberry muffins (41g)		Lemon crumble bars (56g)		Carrot cake with cream cheese frosting (49g)			
EVERY DAY	SELECTION OF WHOLE FRUITS, JELLY POTS, YOGHURT POTS, COLD DESSERTS											

# Lunch

Carbs per 100g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP	Soup of the day with homemade bread					
MAIN COURSE 1	Tandoori chicken leg (0g) with mint raita (6.5g)	Seco de Cordero – Peruvian lamb stew (8g)	Midweek roast Roast loin of pork (0g) with apple sauce (26.2g) and gravy (5g)	Traditional beef bolognese (3.7g)	Battered fish (10g) with lemon and tartar sauce	Greek style turkey escalope (0g) hummus (14g), tzatziki (5.6g), sun blushed tomatoes (10.7g) and pitta bread (51g)
MAIN COURSE 2	Beef Madras (2.9g)	Peruvian roast chicken leg (0g) with Aji Verde sauce (8.9g)	Beef, red wine, root vegetable and butterbean stew (5.9g)	King prawns with spinach and garlic cream sauce (4.2g)	Jumbo hotdog (9.5g) in pretzel bun (50g) with crispy onions (36g) and american mustard (2.5g)	Beef meatballs with tomatoes, mint, oregano and feta cheese (1.7g)
MEAT FREE	Paneer and chickpea Madras (8g)	Peruvian sweet potato, butternut and mixed bean stew (13g)	Butternut squash and goats cheese wellington (9.2g)	Eat curious bolognaise (4.3g)	Chickpea burger (30g) with cheese, lettuce, tomato and garlic mayonnaise (3.5g), brioche bun (53g)	Greek pitta pizza with roasted vegetables, olives, halloumi and tahini (15g)
PLANT BASED	Burrito Bowl Brown rice with black turtle beans (53g) Spiced roasted sweet potatoes (24.7g) Avocado (1.9g), pink pickled onions (14g), sweetcorn and tomato salsa (9.9g) Coriander and Jalapenos	Plant based meatballs with patatas bravas Roasted peppers and balsamic onions (11g) Aioli (6.9g)	Pink flamingo pea dahl (9g) Paratha bread (45g) Mushroom rice (13g) Stir fried okra (2.9g) Mint raita (3.3g)	Sticky hoi sin tofu (8.5g) with shiitake mushrooms (0.4g) Stir fried pak choi with sesame and garlic (2.5g) Sticky rice (28g) Asian slaw (5.1g)	Leek, potato and carlin pea pie (15g) Garlic roasted squash wedges (8.7g) Sauteed kale (1.4g)	
SIDES	Pilau rice (13g) Gobi 65 (crispy fried cauliflower) (13g) Steamed green beans (6g) Vegetable samosas (23.2g) and naan bread (49g)	Roast new potatoes with basil, coriander and olive oil (15g) Vegetable Saltado Roasted corn on the cobs (10g)	Garlic and rosemary roast potatoes (28g) Honey roasted roots (12g) Cauliflower cheese (2.9g)	Spaghetti (74g) Roast vegetables (4.6g) Oregano and garlic green beans (6g) Garlic bread (34.3g)	Chunky chips (36g) Mushy peas (14g) Peas (10g)	Sweet potato fries (24g) Garlic roasted courgettes (2.2g) Sauteed cabbage (2.8g)
JACKET/PASTA BAR	Pasta (33g), Jacket potatoes (51g) and baked sweet potatoes (28g) Baked beans (15g), Tomato sauce (6.5g), Cheese sauce (5.8g) Daily specials					
HOT DESSERT	Jamaican ginger cake with maple cream	Arroz con leche – rice pudding	Pear and mixed berry crumble with custard	Migliaccio – warm ricotta and semolina cake	Hot milk cake with cream	
COLD DESSERT	Brookie bars	Banoffee sundae pots	Old school sprinkle cake	Lemon tiramisu	Chocolate chip shortbread	
EVERY DAY	SELECTION OF WHOLE FRUITS, JELLY POTS, YOGHURT POTS, COLD DESSERTS					

Week Two

Spring Term

# Lunch

Carbs per 100g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SOUP	Soup of the day with homemade bread					
MAIN COURSE 1	Slow roasted lamb shoulder with pomegranate, feta and pink pickled onions (2.2g) and flatbread (44g)	Garlic butter pork rib-eye (0g) with red wine, mushroom and baby onion sauce (4.3g)	Low and slow Texan BBQ beef (7.4g) with ranch dressing (9.9g), gherkins (1.8g) and crispy onions (31g) in brioche bun (40g)	Slow cooked beef, tomato, roasted pepper gnocchi bake with gremolata (8.6g)	Battered fish (10g) with lemon and tartar sauce	<div>Pasta bar</div> <div>Penne pasta (33g) or spaghetti (32g) served with -</div> <div>Beef bolognaise (5.9g) Or Puttanesca sauce (6g)</div> <div>Creamy tuna, leek, sweetcorn and cheddar pasta bake (13g)</div> <div>Garlic green beans (3.1g)</div> <div>Oregano and chilli roasted carrots (8.8g)</div> <div>Garlic bread (38.5g)</div>
MAIN COURSE 2	Lebanese chicken stew with leeks, potatoes, carrots, lemon and cinnamon (4.5g)	Traditional fish pie with cheddar cheese topping (7.4g)	Chicken fajitas (2.6g) with sour cream (2.7g), guacamole (2.8g), salsa (9.3g), cheese (1.4g) and tortilla wrap (50g)	Italian style chicken thighs with olives, roasted red onion and basil (2.6g)	Cheeseburgers (4.6g) with lettuce, tomato and burger sauce (8.3g) in brioche bun (40g)	
MEAT FREE	Falafels with pomegranate, feta, pink pickled onions, hummus (23g) and flatbread (44g)	Quinoa, leek and pea pie with cheddar cheese topping (15g)	Eat curious fajitas (11g) with sour cream (2.7g), guacamole (2.8g), salsa (9.3g), cheese (1.4g) and tortilla wrap (50g)	Roasted vegetable and mixed bean gnocchi bake with gremolata (12g)	Mushroom, spinach and goats cheese pizza (14g)	
PLANT BASED	Tempeh, black barley and freekeh biryani (33g) Mixed vegetable foogath Vegetable samosas (23.2g)	Chorizo and lentil bolognaise (8.7g) with tagliatelle (70g) Garlic and rosemary focaccia (49g) Sauteed cavolo nero (1.4g)	Tofu, potato and shiitake mushrooms in satay sauce (16g) Sesame vermicelli noodles (79g) Sauteed Pak choi (1.4g)	Sweet potato, butterbean and apricot tagine (20g) Sultana, lemon and mint couscous (72g) Moroccan carrot salad	Lemon, parsley and caper battered tofu (19g) Edamame and seaweed salad (13g) Roasted sweet potatoes (24.7g)	
SIDES	Lemon and chilli couscous (72g) Za'atar roasted carrots (8.8g) Chickpea and tomato stew with feta (9.2g)	Mash potatoes (17.1g) Steamed peas (10g) Honey roasted squash (17g)	Tex Mex rice (25g) Texas BBQ beans (7.9g) Texas corn succotash (5.3g)	Steamed broccoli (3.1g) Garlic and oregano roasted carrots (7.5g) Focaccia (49g)	Chunky chips (36g) Peas (10g) Mushy peas (14g)	
JACKET/PASTA BAR	Pasta (33g), Jacket potatoes (51g) and baked sweet potatoes (28g) Baked beans (15g), Tomato sauce (6.5g), Cheese sauce (5.8g) Daily specials					
HOT DESSERT	Apple and sultana filo pie with cinnamon custard	Steamed syrup sponge with cream	Chocolate sponge with chocolate sauce	Orange croissant pudding	Warm rocky road cake	
COLD DESSERT	White chocolate and raspberry muffins	Red velvet cookie bars	Cherry and coconut bakewell slice	Banana, biscoff and chocolate chip cake	Jam donuts	
EVERY DAY	SELECTION OF WHOLE FRUITS, JELLY POTS, YOGHURT POTS, COLD DESSERTS					

# Supper

Carbs per 100g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN COURSE</b> <b>1</b>	Beef meatballs with roasted peppers, garlic and rosemary (1.6g)	Chimichurri chicken with roasted cherry tomatoes and grilled spring onions (3.6g)	BBQ Pork ribeye steak (7.7g) with mango chilli salsa (16.6g)	Chicken katsu curry (20.6g) with pickled vegetables	Pulled pork (0g) tacos (57g) with salsa (9.9g), sour cream (2.7g) and guacamole (2.8g)	Grilled sea bass (0g) with lemon, parsley and caper cream sauce (4.4g)	Braised beef and onion pie (13g) or Chicken and mushroom pie (26.6g)
<b>PLANT BASED</b>	Symplicity meatballs with roasted peppers, garlic and rosemary (8.1g)	Cajun vegetable and black turtle bean stew with chimichurri (26g)	Flat mushrooms stuffed with bbq halloumi and roasted peppers (11g)	Tofu katsu curry (25g) with pickled vegetables	Vegetable and mixed bean (17.3g) tacos (57g) with salsa (9.9g), sour cream (2.7g) and guacamole (2.8g)	Mushroom, chickpea and leek tart (24g)	Leek, potato and butterbean pie (11g)
<b>SIDES</b>	Spaghetti (32g) Roasted vegetables (4.6g) Sweetcorn (9.9g)	Crispy potatoes with garlic and parsley (19g) Roasted courgettes (1.8g) Steamed hispi cabbage (3.8g)	Sweet potato fries (24g) Green beans (3.1g) Chipotle roasted cauliflower (6.8g)	Sticky rice (28g) Stir fried pak choi and mange tout (2.4g) Garlic, ginger and sesame roasted aubergine (2.5g)	Mexican style rice (25g) Roasted corn on the cobs (10g) Coriander and lime roasted peppers (4.5g)	Garlic and rosemary roasted crushed new potatoes (15g) Steamed broccoli (3.1g) Honey roasted carrots (10.9g)	Mash potatoes (17.1g) Steamed peas (10g) Sauteed cabbage (2.8g)
<b>WEEKLY STREET EATS</b>	Chicken tikka or paneer tikka wrap with coronation apple slaw and mint raita (12g) Onion Bhajis (19.2g) Tandoori roasted sweet potato (18g)						
<b>JACKETS AND PASTA</b>	Pasta (33g) Jacket potato (51g) and sweet potatoes (28g) Baked beans (15g) Cheese (1.4g) Daily specials						
<b>DESSERT</b>	Dessert of the day						
<b>EVERY DAY</b>	SELECTION OF FRESHLY CUT & WHOLE FRUITS						

# Supper

Carbs per 100g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN COURSE 1</b>	Cumberland sausages (11g) with caramelised onion gravy (5g)	<b>Build your own Caesar salad</b> Garlic and thyme chicken escalope (0g) Cajun king prawns (1.8g) Char grilled halloumi (3g) Cos lettuce Garlic croutons Boiled eggs Anchovies Parmesan Crispy bacon Caesar dressing (7.4g) Roast vegetables (4.6g) Garlic cabbage (2.8g)	<b>Build your own burger</b> Beef (4.6g) or plant based patties (6.1g) with –  Slow cooked beef brisket (0g) Crispy streaky bacon (0g) Cheese Tomatoes, lettuce, pickles, onions Vegan cheese sauce (6.6g), BBQ sauce (57g), Brioche buns (53g) French fries (25g) Sweetcorn (14g) Green beans (5g)	BBQ Chicken wings (7.9g) or BBQ baby back ribs (7.9g)	Pulled hoisin pork (5.2g) with pickled ginger (4.1g), spring onion, cucumber and coriander in flour tortilla wrap (50g)	Chicken, chorizo and roasted pepper risotto (19g)	Grilled sirloin steak (0g) with peppercorn sauce (5.2g)
<b>PLANT BASED</b>	Plant based sausages with caramelised onion gravy (5g)			Plant based hotdog (10g) in brioche bun (53g)	Hoisin eat curious pieces (20g) with pickled ginger (4.1g), spring onion, cucumber and coriander in flour tortilla wrap (50g)	Plant based chorizo and roasted pepper risotto (23g)	Garlic field mushrooms stuffed with spinach and chickpeas (6.4g)
<b>SIDES</b>	Mash potatoes (17.1g) Honey roasted parsnips (17.3g) Steamed carrots (7.5g)			Roasted sweet potato (24.7g) Maple BBQ beans (7.9g) Cajun cauliflower (8.9g)	Duck (28g) and vegetable (24g) gyozas Egg fried rice (29g) Sticky soy mushrooms (7.4g) Garlic, chilli and ginger roasted broccoli (3g)	Roasted peppers with olives and sun blushed tomatoes (3g) Sauteed cavolo nero (1.4g) Garlic focaccia (49g)	French fries Battered onion rings (25g) Steamed peas (10g) Grilled mushrooms and tomatoes (2.8g)
<b>WEEKLY STREET EATS</b>	Pulled pork (0g) or Tofu (9.9g) Banh Mi (51g) with cucumber, pickled carrot (5.4g) and spring onions Sweet potato fries (24g), Pickled Asian slaw (5.1g)						
<b>JACKETS AND PASTA</b>	Pasta (33g), Jacket potato (51g) and sweet potatoes (28g) Baked beans (15g), Cheese (1.4g) Daily specials						
<b>DESSERT</b>	Dessert of the day						
<b>EVERY DAY</b>	SELECTION OF FRESHLY CUT & WHOLE FRUITS						



# Supper

Carbs per 100g

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MAIN COURSE 1</b>	<b>Loaded nachos (64g)</b> With	Southern fried chicken burgers (22g) with cheese and garlic slaw	<b>Modern Italian</b> Pollo agli agrumi – Sicilian chicken with citrus, paprika and rosemary (1.9g)	Butter chicken curry with coriander and pomegranate (4g)	Crispy chilli beef with peppers, bean sprouts and spring onions (9.4g)	Thai fishcakes with spring onions and sweet chilli dipping sauce (20.6g)	Roast beef (0g), Yorkshire pudding (14.6g) and gravy (5g)
<b>PLANT BASED</b>	Braised beef chilli (4.8g) Mixed bean chilli (17.3g)	Southern fried halloumi (21g) burgers with garlic slaw	Stufato di manzo con zucca e patate – North Italian beef, squash and potato stew (5.9g)	Paneer and lentil black dhal (16g)	Crispy chilli tofu with peppers, bean sprouts and spring onions (14g)	Thai tofu cake with spring onions and sweet chilli dipping sauce (15g)	Butternut squash and chickpea wellington (11g)
<b>SIDES</b>	Chile Con queso (8.7g) Elotes (2.6g) Macho peas (10g) Guacamole (2.8g), pico de galo (192.7g)1g), sour cream , cheese	Potato wedges (21.1g) Peas (10g) Sweetcorn (9.9g)	Gnocchi al pesto al forno – Pesto gnocchi bake (19g) Rigatoni pasta (74g) Caponata (3.3gg)	Pilau rice (13g) Gunpowder cauliflower (6.8g) Saag aloo (7.9g) Poppadoms (57g), naan bread (49g), veg samosas(23.2g), raita (7.8g) and mango chutney (42g)	Egg fried rice (20g) Vegetable stir fry (6.9g) Peas and soybeans (11g) Spring rolls (24.5g), prawn crackers (58g)	Asian rice noodles (12.5g) Sweet chilli broccoli (13g) Stir fried mange tout and beansprouts (3.6g)	Roast potatoes (28g) Honey roasted roots (12g) Cauliflower cheese (2.9g)
<b>WEEKLY STREET EATS</b>	Korean fried chicken (20g) or Korean fried oyster mushrooms (22g) with cauliflower leaf kimchi (1.6g), pickled cucumber salad Sticky rice (28g)						
<b>JACKETS AND PASTA</b>	Pasta (33g), Jacket potato (51g) and sweet potatoes (28g) Baked beans (15g), Cheese (1.4g) Daily specials						
<b>DESSERT</b>	Dessert of the day						
<b>EVERY DAY</b>	SELECTION OF FRESHLY CUT & WHOLE FRUITS						