

Winter Menu

Monday

Soup of the Day(V)

Freshly baked bread

"Katsu Monday"

Chicken Katsu Curry

Vegetable Katsu Curry (V)

Coconut Rice

Chinese Greens/ Edamame Beans

Carrot

Pesto Pasta (V)

Baked potato (V)

Grated cheese / baked beans

Beef in Black Bean Sauce

Freshly Prepared Salad Bar

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Lime and Coconut Mousse

Tuesday

Soup of the Day(V)

Freshly baked bread

"Italian Day"

Beef Lasagna

Spinach and Ricotta Lasagna (V)

Parmesan & Rocket Salad

Garlic Bread

Green Beans

Arrabiatta Pasta (V)

Baked potato (V)

Grated cheese / baked beans

Mushroom Carbonara

Freshly Prepared Salad Bar

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Tiramisu Sponge

Wednesday

Soup of the Day(V)

Freshly baked bread

"American Wednesday"

Pork Hot Dog

Veggie Hot Dog (V)

Skinny Chips

Sweetcorn

Caramelized Onion

Salmon Pasta Bake (V)

Baked potato (V)

Grated cheese / baked beans

BBQ Chicken

Freshly Prepared Salad Bar

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Chocolate Sunday

Thursday

Soup of the Day(V)

Freshly baked bread

"Roast Day"

Chicken Roast

Aubergine and Potato Tumbet (V)

Crispy potato

Yorkshire Pudding

Root Vegetables & Broccoli

Roasted Pepper and Tomato

Pasta (V)

Baked potato (V)

Grated cheese / baked beans

Beef Chilli

Freshly Prepared Salad Bar

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Eton Mess

Friday

Soup of the Day(V)

Freshly baked bread

"Chip Shop Friday"

Battered Fish

Mac and Cheese Bites

Tempura Vegetables (V)

Chips

Beans

Peas

Mac N' Cheese (V)

Baked potato (V)

Grated cheese / baked beans

Chicken Jalfrezi

Freshly Prepared Salad Bar

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Banana and Chocolate Chip Bread
and Butter Pudding & Custard

All our meals are freshly made

Winter Menu

Monday

Soup of the Day(V)

Freshly baked bread

"EFC Day"

Esme's Fried Chicken Burger

Country Bake Burger (V)

Fries

Corn on the cob

Battered Onion rings

Pesto Pasta

Baked potato (V)

Grated cheese / baked beans

Beef Chili

Freshly made house salad cart

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Orange & Poppy Seed Drizzle Cake

Tuesday

Soup of the Day(V)

Freshly baked bread

"Mexican Day"

Open Beef Burritos

Quorn Burritos (V)

Mexican Rice

Mixed Beans

Guacamole, Sour Cream & Salsa

Arrabiatta Pasta (V)

Baked potato (V)

Grated cheese / baked beans

Pulled Chicken

Freshly Prepared Salad Bar

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Key Lime Pot

Wednesday

Soup of the Day(V)

Freshly baked bread

"Shawarma Grill"

Chicken Shawarma

Aubergine and Crushed Falafel Flatbread(V)

Lebanese Salad

Seasoned Wedges

Braised Cabbage

Salmon Pasta Bake (V)

Baked potato (V)

Grated cheese / baked beans

Lamb Tagine

Freshly made house salad cart

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Carrot & Tumeric Cake

Thursday

Soup of the Day(V)

Freshly baked bread

"Roast Day"

Pork Roast

Stuffed Butternut Squash and Freekeh (V)

Crispy potato

Yorkshire Pudding

Roasted Celeriac & Apple

Tomato Pasta

Baked potato (V)

Grated cheese / baked beans

Jerk Chicken

Freshly made house salad cart

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Trifle

Friday

Soup of the Day(V)

Freshly baked bread

"Chip Shop Friday"

Battered Fish

Fish Finger

Stuffed Portobello Mushroom (V)

Chips

Beans

Peas

Mac N' Cheese and toppings(V)

Baked potato (V)

Grated cheese / baked beans

3 cheese sauce

Freshly made house salad cart

A selection of fresh fruit

Yoghurt

Chopped fruit pots

Sugar free Jelly

Sugar Free Flapjack

All our meals are freshly made

Winter Menu

Monday

Soup of the Day(V)

Freshly baked bread

"Asian Day"

Mongolian Beef

Sichuan Cauliflower Bao Bun (V)

Egg Noodles

Carrot and Soya Bean

Mooli

Roasted Vegetable Pasta Bake (V)

Baked potato (V)

Grated cheese / baked beans

Sticky Chicken

Freshly Prepared Salad Bar

A selection of fresh fruit
Yoghurt

Chopped fruit pots
Sugar free Jelly

Exotic Fruit Salad

Tuesday

Soup of the Day(V)

Freshly baked bread

"Thai Tuesday "

Chicken Red Thai Curry

Vegetable Red Thai Curry (V)

Basmati Rice

Asparagus & Broccoli

Spring rolls

Arrabiatta Sauce (V)

Baked potato (V)

Grated cheese / baked beans

Smoked Haddock Curry

Freshly Prepared Salad Bar

A selection of fresh fruit
Yoghurt

Chopped fruit pots
Sugar free Jelly
Ginger Cake

Wednesday

Soup of the Day(V)

Freshly baked bread

"British Bangers"

Cumberland Pork Sausage

Veggie Sausage (V)

Mash

Braised Leek & Carrots

Onion gravy

Pesto Sauce (V)

Baked potato (V)

Grated cheese / baked beans

Beef Stew

Freshly Prepared Salad Bar

A selection of fresh fruit
Yoghurt

Chopped fruit pots
Sugar free Jelly
Lemon Drizzle Cake

Thursday

Soup of the Day(V)

Freshly baked bread

"Roast Day"

Beef Roast

Panner Roast (V)

Crispy potatoes

Root Vegetables

Yorkshire Pudding

Tomato Pasta (V)

Baked potato (V)

Grated cheese / baked beans

Sausage Casserole

Freshly Prepared Salad Bar

A selection of fresh fruit
Yoghurt

Chopped fruit pots
Sugar free Jelly
Vanilla and Strawberry Pannacotta

Friday

Soup of the Day(V)

Freshly baked bread

"Chip Shop Friday"

Breaded Fish

Calamari

Spanish Tortilla (V)

Chips

Beans

Peas

Mac N' Cheese and Toppings (V)

Baked potato (V)

Grated cheese / baked beans

Beef Strogonoff

Freshly Prepared Salad Bar

A selection of fresh fruit
Yoghurt

Chopped fruit pots
Sugar free Jelly
Brownie

WEEK 3

All our meals are freshly made