

Monday Tea	Tuesday Tea	Wednesday Tea	Thursday Tea	Friday Tea	Saturday Tea	Sunday Tea
SOUP & BREAD Watercress & Pea (VG)(GF) Spiced Butternut Squash & Lentil (VG)(GF)	SOUP & BREAD Carrot & Leek (VG)(GF) Parsnip & Potato (VG)(GF)	SOUP & BREAD Turmeric, Ginger & Lentil (VG)(GF) Italian Courgette (VG)(GF)	SOUP & BREAD Roast Pepper & Tomato (VG)(GF) Garlic Roasted Beetroot (VG)(GF)	SOUP & BREAD Asparagus potato & Leek (VG)(GF) Curried Swede & Carrot (VG)(GF)	SOUP & BREAD Thai Mushroom (VG)(GF)(So)(Se) Split Pea & Ham (VG)(GF)	SOUP & BREAD Leek, Sage & White Bean (VG)(GF) Broccoli, Spinach & Rocket (VG)(GF)
Bread is served with all soups (CG). (GF) bread is available on request. You can ADD a topping if required when ordering any Soup – PLEASE ADVISE WHEN ORDERING						
MEAT MAIN COURSES Pork Stroganoff (D)(GF) Parmesan Chicken with a Tomato & Basil Sauce (D)(CG)	MEAT MAIN COURSES Cottage Pie & Gravy (C)(D) Lamb Tagine (C)(GF)(SuD)	MEAT MAIN COURSES Southern Fried Chicken Wrap (CG)(CE) Honey & Mustard Pork Loin & Gravy (Mu)(GF)	MEAT MAIN COURSES Turkey & Ham Pie with Gravy (CG)(C) Beef Lasagna (CG)(D)(Ce)(E)	MEAT MAIN COURSES Battered Fish (F)(CG) Penne Carbonara & Garlic Bread (D)(CG)(E)	MEAT MAIN COURSES Pork Meatballs in a Tomato & Basil sauce (CG)(C) Chicken Satay (contains peanuts) (Se)(So)(CG)(C)	MEAT MAIN COURSES Roast Beef, Yorkshire Pudding & Gravy (CG)(C) Roast Boneless Chicken Thighs
VEGETARIAN COURSE Quorn Meatballs in a Tomato & Basil Sauce (CG)(V)(C)	VEGETARIAN COURSE Vegetable Red Thai Curry ** (So)(VG)(C)	VEGETARIAN COURSE Vegetable & Mixed Bean Chili ** Tacos (CG)(V)(VG)(C)	VEGETARIAN COURSE Roasted Cherry Tomato & Red Onion Frittata (E)(V)(D)	VEGETARIAN COURSE Mushroom Bourguignon ** (V)(VG)(GF)(Su)(C)	VEGETARIAN COURSE Quorn Chili Con Carne ** (V)(VG)(C)(CG)	VEGETARIAN COURSE Falafel & Mint Yoghurt ** Flatbreads (CG)(D)(V)
MODIFIED MAIN COURSE Pork Stroganoff (D)(GF) Parmesan Chicken with a Tomato & Basil Sauce (D)(CG) The above dish is <u>HALAL</u>	MODIFIED MAIN COURSE Cottage Pie & Gravy (C)(D) Lamb Tagine (C)(GF)(SuD) Both dishes are <u>HALAL</u>	MODIFIED MAIN COURSE Southern Fried Chicken Wrap (CG)(CE) The above dish is <u>HALAL</u> Honey & Mustard Pork Loin & Gravy (Mu)(GF)	MODIFIED MAIN COURSE Turkey & Ham Pie with Gravy (CG)(C) Beef Lasagna (CG)(D)(Ce)(E) Both dishes are <u>HALAL</u>	MODIFIED MAIN COURSE Battered Fish (F)(CG) Penne Carbonara (D)(CG)(E) Both dishes are <u>HALAL</u>	MODIFIED MAIN COURSE Pork Meatballs in a Tomato & Basil sauce (CG)(C) Chicken Satay (contains peanuts) (Se)(So)(CG)(C) The above dish is <u>HALAL</u>	MODIFIED MAIN COURSE Roast Beef, Yorkshire Pudding & Gravy (CG)(C) Roast Boneless Chicken Thighs Both dishes are <u>HALAL</u>
CHOICE OF SIDES Sweet Potato Mash ** Steamed Spinach ** Garden Peas ** Long Grain Rice Penne Pasta (CG)	CHOICE OF SIDES Cauliflower & Broccoli Gratin ** (D) Steamed Carrots ** Herby New Potatoes Garden Peas ** Moroccan Cous Cous (CG) Basmati Rice	CHOICE OF SIDES Sour Cream & Guacamole ** (D) Sweetcorn Relish Potato Wedges New Potatoes Broccoli ** Steamed Savoy Cabbage **	CHOICE OF SIDES Carrot & Swede Mash ** Steamed Spinach & Roast Garlic ** Herb Mash ** Garlic Bread (CG)	CHOICE OF SIDES Chips Baked Beans ** Mushy Peas ** Baby Leaf Salad Rice	CHOICE OF SIDES Garlic & Herb Cous Cous ** (CG) Basmati Rice Sesame Rice Noodles (Se) Roast Butternut & Spinach **	CHOICE OF SIDES Roast Potatoes ** Carrot & Swede Mash ** Sweet Potato Fries Steamed Cauliflower ** Spring Greens **
PLEASE ADVISE WHAT SIDES ARE REQUIRED WHEN ORDEING						
SALAD BAR Tomatoes Cucumber Watercress & Rocket Grated Carrot New Potato & Spring Onion (VG) Mixed Radish & Carrot Slaw (VG)	SALAD BAR Mixed Peppers Watercress & Rocket Tomato & Cucumber Red Cabbage Slaw (VG) Quinoa Salad (V)(D)(GF) Marinated Olives (VG)(V)(GF) House Dressing (VG)(Mu)	SALAD BAR Baby Plum Tomatoes Red Onion Tomato Baby Mixed Leaves Caramelised Red Onion Hummus Rainbow Slaw (VG) Farfalle & Roasted Peppers Pineapple Cottage Cheese (D)(V)(GF)	SALAD BAR Tomato Grated Carrot Baby Gem Lettuce Cucumber Raita (D)(V) ** Sweetcorn & Chive Potatoes (VG) Pickled Red Cabbage (GF)(VG)(SuD) Crunchy Spiced Chickpeas (VG)(V)(GF) Tofu & Beansprouts (So)(GF) House Slaw (VG)	SALAD BAR Cherry Tomatoes Cucumber Watercress & Rocket Guacamole ** (VG) 5 Bean & Tomato (VG) Pickled Red Onion (SuD) Toasted Seeds (GF) Tomato Hummus ** House Dressing (Mu)(VG)	SALAD BAR Tomatoes Cucumber Mixed Baby Leaf Salad Grated Carrot Potato Salad ** (D) Mixed Peppers Garlic Croutons (CG) Sliced Cheddar (D)	SALAD BAR Cherry Tomatoes Celery Sticks Sliced Peppers Persian Potato Salad ** (V)(GF)(E) Pea Shoots & Watercress Lentil & Pepper Salad ** (VG) Lemon Dressing (VG)
A mixture of all salads items will be provided – PLEASE ADVISE WHEN ORDEING IF CERTAIN ITEMS ARE NOT TO BE INCLUDED						
DESSERT Steamed Sponge & Custard ** (CG)(D)(E)(V)	DESSERT Strawberry Jelly	DESSERT Warm Chocolate Brownie (E)(CG)(D)(V)	DESSERT Very Carrot Carrot Cake (E)(CG)(V)	DESSERT Tropical Fruit Salad **	DESSERT Doughnuts! (E)(CG)(V)(D)	DESSERT Chilled Rice Pudding, Raspberry & Apple Compote ** (D)(V)
ALLERGEN KEY (D) Dairy (E) Egg (CG) Contains Gluten (GF) Gluten Free (F) Fish (N) Nuts (C) Celery (Pe) Peanuts (Se) Sesame (L) Lupin (So) Soya (Mu) Mustard (V) Vegetarian (VG) Vegan (CR) Crustaceans (Mo) Mollusc (SuD) Sulphur Dioxide						
Items marked by ** are available to those with a Modified Diet WEEK 2 of 4 TEA SUMMER TERM 2021						