

Monday Tea	Tuesday Tea	Wednesday Tea	Thursday Tea	Friday Tea	Saturday Tea	Sunday Tea
SOUP & BREAD Red Onion & Potato ** (VG)(C) Lightly Spiced Chickpea & Vegetable ** (VG)(C)	SOUP & BREAD Sweetcorn & Potato Chowder ** (VG)(C) Lentil & Swede ** (VG)(C)	SOUP & BREAD Sweet Potato & Coconut ** (VG)(C)(N) Mushroom & Tarragon ** (VG)(C)	SOUP & BREAD Broccoli & Rocket ** (VG)(C) Carrot & Cumin ** (VG)(C)	SOUP & BREAD Celeriac & Apple ** (VG)(C) Plum Tomato ** (VG)(C)	SOUP & BREAD Red Pepper & Onion ** (VG)(C) Pea, Parsley & Watercress ** (VG)(C)	SOUP & BREAD Broccoli & Kale ** (VG)(C) Butternut Squash & Ginger ** (VG)(C)
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 Honey & Garlic Chicken Stir Fry (So)(C) Cumberland Pie (C)	MEAT MAIN COURSES Lamb & Chickpea Keema (C) Pork Sausage & Onion Gravy (CG)	MEAT MAIN COURSES Roast Gammon & Apple Sauce Cajun Chicken	MEAT MAIN COURSES Beef & Vegetable Pie (CG)(C) Turkey Meatballs in a Tomato & Basil Sauce (CG)(C)	MEAT MAIN COURSES Fishcake (F)(D)(CG) Roasted Cod with a Herb Crust (F)(CG)	MEAT MAIN COURSES Cornish Pasty (C)(CG) Chinese Pork Stir Fry (So)	MEAT MAIN COURSES Roast Turkey Pulled Brisket of Beef
VEGETARIAN COURSE Moroccan Vegetable Tagine (VG)(C)	VEGETARIAN COURSE Red Lentil & Vegetable Cottage Pie (VG)(C)	VEGETARIAN COURSE Three Cheese & Herb Potato Cake (V)(D)(CG)	VEGETARIAN COURSE Sweet & Sour Quorn (V)(E)	VEGETARIAN COURSE Roast Vegetable & Halloumi Pasta Bake (V)(CG)(D)(C)	VEGETARIAN COURSE Vegan Chorizo Paella (VG)(CG)(C)	VEGETARIAN COURSE Lentil Roast (VG)(CG)
MODIFIED MAIN COURSE Cumberland Pie (C) This dish can be made suitable for <i>HALAL</i>	MODIFIED MAIN COURSE Pork Sausage & Onion Gravy (CG) Lamb & Chickpea Keema (C) The above dish is <i>HALAL</i>	MODIFIED MAIN COURSE Roast Gammon & Apple Sauce Cajun Chicken The above dish is <i>HALAL</i>	MODIFIED MAIN COURSE Beef & Vegetable Pie (CG)(C) Turkey Meatballs in a Tomato & Basil Sauce (CG)(C) Both dishes are <i>HALAL</i>	MODIFIED MAIN COURSE Fishcake (F)(D)(CG) Roasted Cod with a Herb Crust (F)(CG) Roast Vegetable & Halloumi Pasta Bake (V)(CG)(D)(C) Both dishes are <i>HALAL</i>	MODIFIED MAIN COURSE Cornish Pasty (C)(CG) The above dish is <i>HALAL</i> Chinese Pork Stir Fry (So)	MODIFIED MAIN COURSE Roast Turkey Pulled Brisket of Beef Lentil Roast (VG)(CG) Both dishes are <i>HALAL</i>
CHOICE OF SIDES White Cabbage & Leeks Steamed Carrots Garden Peas Lemon & Pepper Cous Cous (VG)(CG) Gravy (VG)	CHOICE OF SIDES Roasted Spiced Cauliflower (VG) Indian Pilau Rice (VG) Cucumber Raita (V)(D) Mashed Potato (VG) Steamed Leeks & Curly Kale (VG)	CHOICE OF SIDES Carrot & Swede Mash (VG) Steamed Broccoli (VG) Roasted Peppers & Sweetcorn (VG) Roasted New Potatoes (VG) Gravy (VG)	CHOICE OF SIDES Spinach & Hispy Cabbage (VG) Sweet Potato Mash (VG) Wholemeal Penne with Herb Oil (VG)(CG) Roast Butternut Squash (VG) Gravy (VG)	CHOICE OF SIDES Chips (VG) Minted Mushy Peas (VG) Baked Beans (VG) Garden Peas (VG) Homemade Tartare Sauce (V)(D)	CHOICE OF SIDES Baby New Potato & Chive Butter (V)(D) Savoy Cabbage & Leeks (VG) Gravy (VG) Vermicelli Noodles (VG) Pan Fried Broccoli (VG)	CHOICE OF SIDES Roast Potatoes (VG) Cauliflower Carrots with a Herb Gaze (VG) Parsley Mash Potato (VG) Gravy (VG)
PLEASE ADVISE WHAT SIDES ARE REQUIRED WHEN ORDEING						
SALAD BAR Mixed Leaves Tomato & Cucumber Herby Quinoa ,Feta & Pomegranate with Courgette, Chili & Mint (V)(D) Vegetarian Nicoise (VG) Garlic Croutons (VG)(CG) House Dressing (Mu)(VG)	SALAD BAR Mixed Peppers Watercress & Rocket Tomatoes & Cucumber Roast New Potatoes & Radish (VG) Halloumi, Carrot & Orange(VG)(D) Crispy Onions (VG)CG Lemon & Herb Dressing (VG)	SALAD BAR Cherry Tomatoes Mixed Leaves Red Onion Melon, Tomato & Mint (CG) New Potato Salad (VG) Crispy Bacon Cider Vinaigrette (VG)(SuD)	SALAD BAR Tomato Cucumber & Dill Ribbons Baby Gem Lettuce Celery, Chive & Cottage Cheese (V)(D)(C) Bulgur Wheat & Sun Dried Tomato Pesto (VG) Pumpkin Seeds House Dressing (Mu)(VG)	SALAD BAR Mixed Leaves Tomato & Cucumber Mexican Bean Salad (VG) Pickled Silverskin Onions (VG)(SuD) Feta, Olive & Oregano (V0)(D) Cheese Croutons (V)(CG)(D) Tomato Dressing (VG)	SALAD BAR Baby Gem Lettuce Tomato & Cucumber Mixed Peppers Lemon & Coriander Cous Cous (VG)CG Sliced Radish Wholewheat Pasta with Cherry Tomato & Capers (VG)(CG) Crispy Onions (VG)(CG) Caesar Dressing (V)(D)	SALAD BAR Shredded Iceberg Tomato & Cucumber Sliced Peppers Broccoli Slaw (VG)(D) Bombay Carrot (VG) Sunflower Seeds House Dressing (Mu)(VG)
A mixture of all salads items will be provided – PLEASE ADVISE WHEN ORDERING IF CERTAIN ITEMS ARE NOT TO BE INCLUDED						
DESSERT Mango Mousse with Raspberries (D)	DESSERT Blueberry Bread & Butter Pudding (CG)(D)(E)	DESSERT Trio of Melon	DESSERT Raspberry & White Chocolate Blondie (CG)(D)(E)	DESSERT Apricot Jam Sponge & Cream (CG)(D)(E)	DESSERT Strawberry Cheesecake (CG)(D)	DESSERT Apple & Blackberry Crumble with Vanilla Custard (CG)(D)(E)
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 3 of 4 TEA SUMMER TERM 2021						