

Monday Tea	Tuesday Tea	Wednesday Tea	Thursday Tea	Friday Tea	Saturday Tea	Sunday Tea
SOUP & BREAD Roasted Pepper & Tomato ** (VG)(C) Curried Swede & Carrot ** (VG)(C)	SOUP & BREAD Parsnip & Potato ** (VG)(C) Asparagus ** (VG)(C)	SOUP & BREAD Thai Mushroom ** (VG)(C)(Se)(So) Broccoli & Rocket ** (VG)(C)	SOUP & BREAD Split Pea & Ham ** (C) Italian Courgette ** (VG)(C)	SOUP & BREAD Garlic & Beetroot ** (VG)(C) Leek, Sage & White Bean ** (VG)(C)	SOUP & BREAD Turmeric, Ginger & Lentil ** (VG)(C) Watercress & Pea ** (VG)(C)	SOUP & BREAD Spiced Butternut & Lentil ** (VG)(C) Carrot & Leek ** (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 Turkey Bolognese (C) Smokey Hot Dogs (CG)	MEAT MAIN COURSES Beef Brisket & Vegetable Pie (CG)(D) Smoked Haddock & Chive Fishcake (F)(CG)(D)	MEAT MAIN COURSES Sausage & Red Pepper Plait (CG) Sweet Chilli Chicken (C)	MEAT MAIN COURSES Lamb Jalfrezi (C) Apple Glazed Gammon	MEAT MAIN COURSES Battered Cod (F)(CG) Poached Cod in a Chive Butter (F)(D)	MEAT MAIN COURSES Breakfast Frittata €(CG) Beef Ragu (C)	MEAT MAIN COURSES Roast Pork Loin Roast Chicken Thighs
VEGETARIAN COURSE Quorn Tikka Masala (VG)(C)	VEGETARIAN COURSE Vegetable & Mixed Bean Enchiladas (CG)(D)(C)	VEGETARIAN COURSE Wild Mushroom Risotto (VG)(D)(C)	VEGETARIAN COURSE Vegetable Lasagna (CG)(D)(C)	VEGETARIAN COURSE Butternut Squash & Red Pepper Cannelloni (CG)(D)(C)	VEGETARIAN COURSE Vegetable Burrito (CG)(C)	VEGETARIAN COURSE Butternut Wellington (CG)(D)
MODIFIED MAIN COURSE Turkey Bolognese (C) The above dish is <u>HALAL</u> Quorn Tikka Masala (VG)(C)	MODIFIED MAIN COURSE Beef Brisket & Vegetable Pie (CG)(D) Smoked Haddock & Chive Fishcake (F)(CG)(D) Both dishes are <u>HALAL</u>	MODIFIED MAIN COURSE Sweet Chilli Chicken (C) The above dish is <u>HALAL</u> Sausage & Red Pepper Plait (CG)	MODIFIED MAIN COURSE Lamb Jalfrezi (C) The above dish is <u>HALAL</u> Vegetable Lasagna (CG)(D)(C)	MODIFIED MAIN COURSE Poached Cod in a Chive Butter (F)(D) Butternut Squash & Red Pepper Cannelloni (CG)(D)(C) Both dishes are <u>HALAL</u>	MODIFIED MAIN COURSE Beef Ragu (C) The above dish is <u>HALAL</u>	MODIFIED MAIN COURSE Pulled Pork Boneless Chicken Thighs The above dish is <u>HALAL</u>
CHOICE OF SIDES Whole Wheat Spaghetti with Bail Oil (VG)CG Steamed Broccoli ** Potato Wedges (CG) Homemade BQ Beans ** (VG) Lime & Coriander Rice (VG)	CHOICE OF SIDES Baby New Potatoes with a Herb Butter (V)(D) Garden Peas ** Spring Green Cabbage Green Beans & Roasted Tomatoes (VG)	CHOICE OF SIDES Curly Kale (VG) Sweet Potato Mash ** (VG) Steamed Leeks & Spinach ** (VG) Chili & Parsley Courgettes (VG) Gravy	CHOICE OF SIDES Pilau Rice (VG) Cucumber & Mint Yogurt (D) Bubble & Squeak ** (VG) Steamed Cauliflower ** Gravy	CHOICE OF SIDES Chunky Chips (VG) Minted Mushy Peas ** (VG) Baked Beans ** (VG) Herb Mash ** (VG) Steamed Broccoli **	CHOICE OF SIDES Roasted New Potatoes BBQ Baked Beans ** (VG) Soy & Green Beans (Se)(VG) Roasted Red Pepper Cous Cous (VG)(CG) Whole Wheat Penne in a Herb Oil (CG)	CHOICE OF SIDES Roast Potatoes (VG)Savoy Cabbage & Spinach (VG) Steamed Cauliflower ** Root Vegetable Mash ** (VG) Gravy
PLEASE ADVISE WHAT SIDES ARE REQUIRED WHEN ORDEING						
SALAD BAR Shredded Iceberg Lettuce Tomatoes & Cucumber Grated Carrot New Potato & Crème Fraiche (D)(v) Charred Halloumi (V)(D) Toasted Seeds (GF)	SALAD BAR Mixed Peppers Watercress & Rocket Carrot Sticks Hummus € Greek Salad (D)(V) Croutons(CG)(VG)	SALAD BAR Cherry Tomatoes Mixed Leaves Red Onion 5 Bean & Tomato Salad Moroccan Cous Cous (CG)(VG) Crispy Onions (CG)(VG)	SALAD BAR Baby Gem Lettuce Tomatoes Cucumber & Dill Ribbons Bombay Salad (D)(V) Guacamole ** (VG) Pumpkin seeds (VG)	SALAD BAR Tomatoes Cucumber Watercress & Rocket Mixed Pea & Bean Salad Red Pesto & Penne Pasta (N)(CG)(VG) Toasted Seeds (GF)	SALAD BAR Mixed Leaf Salad Tomatoes & Cucumber Mixed Peppers Tabbouleh (VG)(CG) Sliced Radish Garlic Croutons (CG)(VG)	SALAD BAR Cherry Tomatoes Cucumber Shredded Iceberg Roasted Butternut Squash (VG) Feta, Tomato & Olive (D)(V) Toasted Seeds (GF)
A mixture of all salads items will be provided – PLEASE ADVISE WHEN ORDEING IF CERTAIN ITEMS ARE NOT TO BE INCLUDED						
DESSERT Fresh Mango & Raspberries	DESSERT Lemon & Blueberry Cheesecake (CG)(D)	DESSERT Carrot Cake (CG)(D)	DESSERT Strawberries & Cream (D)	DESSERT Sticky Toffee Pudding (CG)(D)	DESSERT Cherry Bakewell Tart (CG)(D)(N)	DESSERT Lemon Mousse (D)
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_4_of_4_TEA_SUMMER_TERM_2021						