



Menu June 2024

Monday 03	Salmorejo Cordobés with egg and ham	Roast loin of pork with apple cream sauce on the side (LC) Stuffed courgettes with seitan & ratatouille (SC)	Flavoured jasmine rice Steamed fresh green beans Salad bar salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils and pulses	Yoghurt with fruit coulis (L) Seasonal hand cut fruit salad
Tuesday 04	Homemade goat`s cheese & onion croquettes (LG)	Slow roasted meatballs with eggs, onions, garlic, a rich tomato sauce & fresh basil (C) Homemade falafel with a rich tomato sauce & fresh basil	Creamy mashed potato Steamed flavoured carrots Salad bar as above	Seasonal hand cut fruit salad
Wednesday 05	Spanish tomato & slow roasted red pepper soup	Grilled rosada with lemon & parsley oil (F) Grilled seitan with lemon & parsley oil (S)	Boiled baby potatoes with parsley Fresh steamed broccoli Alioli & lemon Salad bar as above	Homemade cereal bar (G) Seasonal hand cut fruit salad
Thursday 06	Nachos with fresh homemade guacamole and sour cream	Chicken fajitas with mixed peppers, red & white onion, & sour cream (GL) Vegetable fajitas with grated cheese & sour cream (GL)	Cajun spiced corn Grated cheddar cheese Salad bar as above	Jelly or Yoghurt & Seasonal hand cut fruit salad
Friday 07	Puy lentils with chorizo and onion	Tuscan style baked ground Beef lasagna with eggs, tomatoes, onions, basil & oregano (LGE) Vegetable lasagna (LGES)	Mixed vegetables Salad bar as above	Sweet treat! Seasonal hand cut fruit salad



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Monday 10		Holidays		
Tuesday 11		Holidays		
Wednesday 12	Free range egg frittata with spinach & cheddar cheese (EL)	Tuna pasta bake with hidden vegetable tomato sauce & grated fresh parmesan (FLG) Veggie pasta bake with tomato sauce & grated fresh parmesan (lg)	Steamed Broccoli Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils & chickpeas	Homemade cereal bar (G) Seasonal hand cut fruit salad
Thursday 13	Authentic gazpacho soup with onions, cucumbers and peppers	Grilled Cajun Chicken fillet Burgers with BBQ Sauce, lettuce and tomato (GE) Veggie Burgers with lettuce, tomato and SANA BBQ Sauce (S)	Garlic Potato Wedges Corn on the Cob Salad Bar as above	Jelly or yoghurt & Seasonal hand cut fruit salad
Friday 14	 Loaded Cuban potato skins with turkey, cheese & peppers	Cuban Day! Soft shell beef tacos with onion, tomatoes, lettuce, sour cream & pico de gallo Soft shell vegetable tacos with sour cream & pico de gallo	 Refried beans Carrot slaw Salad bar as above	Sweet treat! Seasonal hand cut fruit salad





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Monday 17	Summer vegetable ceviche, with avocado, bell peppers, tomatoes, coriander and lime	Buttered spaghetti served with classic bolognese sauce with hidden vegetables (GCL) Soy spaghetti bolognese (GCS)	Rosemary roasted courgettes Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils & chickpeas	Yoghurt with fruit coulis (L) Seasonal hand cut fruit salad
Tuesday 18	Gazpacho with diced onions, green peppers, cucumbers	Cajun & lemon grilled chicken breast with tomato & coriander salsa Cajun & lemon grilled tofu with tomato salsa (S)	Steamed potatoes Fresh green garden peas Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils & chickpeas	Seasonal hand cut fruit salad
Wednesday 19	Mini pita pizza with fresh tomato, basil & mozzarella	Crispy rosada or grilled rosada (FLG) Courgette & mozzarella tower (FL)	Handcut cajun healthy oven potato wedges Steamed green beans Alioli & lemon Salad bar as above	Homemade cereal bar (G) Seasonal hand cut fruit salad
Thursday 20	Spanish tomato, avocado and mozzarella with a nut-free sunflower seed pesto	**MEAT FREE THURSDAY** Ratatouille & fried egg (E)	Steamed rice Salad bar as above	Jelly or yoghurt & Seasonal hand cut fruit salad
Friday 21	Vegetable samosa with mango & coriander yoghurt (G)	Mildly spiced turkey curry Korma style Mildly spiced vegetable korma style curry	Basmati rice Steamed green beans Salad bar as above	Sweet treat! Seasonal hand cut fruit salad



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<p>Monday 24</p>	<p>Antipasti plate - local cheese, cured meats, crudités & grissinis (L)</p>	<p>Meat paella with peppers onions, green beans chicken thighs & chorizo (EG ◆)</p> <p>Vegetarian paella (EG◆)</p>	<p>Steamed broccoli Alioli & fresh lemon</p> <p>Salad bar as above</p>	<p>Yoghurt with fruit coulis (L)</p> <p>Seasonal hand cut fruit salad</p>
<p>Tuesday 25</p>	<p>Mozzarella cheese tortilla quesadilla (L)</p>	<p>Grilled Pork loin with Garlic Cream Sauce (LC)</p> <p>Grilled Halloumi with Garlic Cream Sauce (LC)</p>	<p>Garlic & Thyme Roasted Cubed Potatoes Mixed Vegetables</p> <p>Salad Bar as above</p>	<p>Seasonal hand cut fruit salad</p>
<p>Wednesday 26</p>	 <p>Nachos with homemade guacamole</p>	<p>Mexican day!</p> <p>Mild Mexican ground Beef chilli con Carne with red beans, carrots, celery, red peppers (C)</p> <p>Soy Chili sin Carne with celery, red peppers red beans (SC)</p>	 <p>Steamed Rice Sweetcorn</p> <p>Salad Bar as above</p>	<p>Homemade cereal bar (G)</p> <p>Seasonal hand cut fruit salad</p>
<p>Thursday 27</p>	<p>Turkey Ham & Cheese wraps with baby gem lettuce</p>	<p>Grilled Norwegian Salmon with a white creamy dill Sauce (LC)</p> <p>Grilled Stuffed Courgettes with Chickpeas & Lentils, and creamy dill sauce</p>	<p>Steamed Potatoes Green Beans</p> <p>Salad Bar as above</p>	<p>Jelly or Yoghurt & Seasonal hand cut fruit salad</p>

Allergens key: L: Lactose F: Fish G: Gluten C: Celery S: Soya ★: Sulphite E: Eggs
 P: Peanuts M: Mustard ◆: Crustacens N: Treenuts ■: Lupin ○: Molluscs §: Sesame

Available daily: Unlimited bread & Chef's salad of the day

M	T	W	T	F
<p>3</p> <p>Protein: 32g Fat: 12g Carbs: 68g Calories: 567</p>	<p>4</p> <p>Protein: 31g Fat: 21g Carbs: 91g Calories: 592</p>	<p>5</p> <p>Protein: 35g Fat: 14g Carbs: 80g Calories: 560</p>	<p>6</p> <p>Protein: 26g Fat: 18g Carbs: 95g Calories: 638</p>	<p>7</p> <p>Protein: 24g Fat: 16g Carbs: 72g Calories: 652</p>
		<p>12</p> <p>Protein: 28g Fat: 19g Carbs: 91g Calories: 673</p>	<p>13</p> <p>Protein: 34g Fat: 28g Carbs: 99g Calories: 798</p>	<p>14</p> <p>Protein: 26g Fat: 25g Carbs: 93g Calories: 792</p>
<p>17</p> <p>Protein: 38g Fat: 9.7g Carbs: 96g Calories: 606</p>	<p>18</p> <p>Protein: 25g Fat: 32g Carbs: 84g Calories: 805</p>	<p>19</p> <p>Protein: 35g Fat: 31g Carbs: 97g Calories: 745</p>	<p>20</p> <p>Protein: 34g Fat: 17g Carbs: 96g Calories: 740</p>	<p>21</p> <p>Protein: 30g Fat: 22g Carbs: 106g Calories: 803</p>
<p>24</p> <p>Protein: 28g Fat: 19g Carbs: 91g Calories: 673</p>	<p>25</p> <p>Protein: 31g Fat: 29g Carbs: 94g Calories: 740</p>	<p>26</p> <p>Protein: 32g Fat: 30g Carbs: 101g Calories: 746</p>	<p>27</p> <p>Protein: 37g Fat: 17g Carbs: 77g Calories: 616</p>	<p>28</p> <p>Protein: 29g Fat: 23g Carbs: 98g Calories: 720</p>

★Where there is gluten or lactose on the menu we ALWAYS offer options WITHOUT gluten or lactose

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