

Menu September 2024

Monday 02	Free range egg frittata with spinach & cheddar cheese (EL)	Tuna Pasta Bake with 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	Yoghurt with fruit coulis (L) Seasonal hand cut fruit salad
Tuesday 03	Nachos with homemade guacamole with avocado, tomatoes & peppers	Mince beef fajitas with & without mixed peppers, red & white onion, & sour cream (GL) Vegetable fajitas with grated cheese & sour cream (GL)	Steamed rice Cajun spiced corn Grated cheddar cheese Salad bar as above	Seasonal hand cut fruit salad
Wednesday 04	Rich creamy vegetable, and tomato & Basil Soup	Grilled Pork loin with Garlic Cream Sauce on the side (LC) Grilled Haloumi with Garlic Cream Sauce (LC)	Cous cous Mixed Vegetables, peppers, mushrooms, onions Salad Bar as above	Homemade cereal bar (G) Seasonal hand cut fruit salad
Thursday 05	Vegetable, thyme, & Leek & Potato Soup (L)	Grilled Norwegian Salmon with a white creamy dill Sauce on the side (LC) Grilled Stuffed Courgettes with Chickpeas & Lentils, and creamy dill sauce	Boiled potatoes with parsley butter Steamed green beans Salad Bar as above	Choice of yoghurt or jelly & Seasonal hand cut fresh fruit salad
Friday 06	Minted Lentil salad with feta, spinach & peas (L)	Grilled Cajun Chicken fillet Burgers with BBQ Sauce, lettuce and tomato (GE) Veggie Burgers with lettuce, tomato and SANA BBQ Sauce (S)	Sweet Potato Wedges Corn on the cob Salad Bar as above	Sweet treat! Seasonal hand cut fruit salad

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



Menu September 2024

Monday 09	Vegetable crispy Spring rolls with a sweet chilli dipping sauce	Teriyaki chicken noodle stir fry with cabbage, onion, carrots, spring onion (EC) Quorn noodle stir fry with cabbage, onion, carrots, spring onion (ecs)	Garden peas & roasted carrots 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 10	Local Spanish tomato, avocado & mozzarella with nut free pesto (L)	Marinated grilled pork with garlic, thyme mushroom, onion, celery, leek sauce on the side (L) Stuffed peppers with tomato, chickpeas & lentils (c)	Cauliflower with or without cheese (I) Rice Salad bar as above	Seasonal hand cut fruit salad
Wednesday 11	Courgette, onion & Rosemary garlic soup	Tuscan style baked ground Beef lasagna with eggs, tomatoes, onions, basil & oregano (LGE) Vegetable lasagna (LGES)	Mixed vegetables Salad bar as above	Homemade cereal bar (G) Seasonal hand cut fruit salad
Thursday 12	Caesar salad with bacon & parmesan (on the side)	Pan-fried garlic & parsley marinated rosada (FG) Pan-fried garlic & parsley marinated seitan (s)	Potato wedges Broccoli Lemon alioli (L) Salad bar as above	Choice of yoghurt or jelly & Seasonal hand cut fresh fruit salad
Friday 13	Leek & potato soup	Chef's choice of Homemade pizza's (GL)	Asian coleslaw (E) Garlic buttered corn On the cob (L) Salad bar as above	Sweet treat! Seasonal hand cut fruit salad

Menu September 2024

<p>Monday 16</p>	<p>Mediterranean 3 beans with chickpea, black and red beans with feta garlic & lemon</p>	<p>Buttered spaghetti served with fresh grated parmesan</p> <p>With a choice of.... Creamy carbonara sauce (GLE) Or Rich tomato & basil sauce (GE)</p>	<p>Fresh garden peas</p> <p>Salad bar with daily fresh green leaves, grated carrot, sliced Spanish tomato, cucumber, olives, beetroot, lentils and chickpeas & feta</p>	<p>Yoghurt with fruit coulis (L)</p> <p>Seasonal hand cut fruit salad</p>
<p>Tuesday 17</p>	<p>Chunky veg soup with roast carrots, turnips, celery, leek & onion</p>	<p>Crispy herb & lemon whole pork loin (GE)</p> <p>Crispy herb & lemon halloumi (GE)</p>	<p>Steamed rice Steamed broccoli Lemon & alioli</p> <p>Salad bar as above</p>	<p>Seasonal hand cut fruit salad</p>
<p>Wednesday 18</p>	<p>Caesar salad with crisp gem lettuce, fresh grated parmesan & healthy Sana Caesar dressing (LG)</p>	<p>Slow roasted ground beef meatballs with egg, basil, garlic oregano and a rich tomato sauce & fresh basil (C)</p> <p>Homemade falafel with a rich tomato sauce & fresh basil</p>	<p>Creamy mashed potato Steamed flavoured carrots</p> <p>Salad bar as above</p>	<p>Homemade cereal bar (G)</p> <p>Seasonal hand cut fruit salad</p>
<p>Thursday 19</p>	<p>Tortilla quesadillas with cheddar cheese & sour cream</p>	<p>Mixed jambalaya with chicken, chorizo & prawns (CM)</p> <p>Mixed vegetable jambalaya</p>	<p>Medley of fresh season steamed green vegetables</p> <p>Salad bar as above</p>	<p>Choice of yoghurt or jelly & Seasonal hand cut fresh fruit salad</p>
<p>Friday 20</p>	<p>Lightly spiced sweet potato & creamy coconut soup</p>	<p>Homemade ground healthy beef burgers with lettuce, tomatoes, and sana relish in a soft bun (GM)</p> <p>Vegetarian homemade burgers with sana relish in a soft bun (GSMC)</p>	<p>Healthy wedges Sauteed onions Corn on the cob</p> <p>Salad bar as above</p>	<p>Sweet treat!</p> <p>Seasonal hand cut fruit salad</p>

Menu September 2024

<p>Monday 23</p>	<p>Traditional Spanish lentil soup with slow roasted carrots and onions</p>	<p>Roast loin of pork with apple cream sauce on the side (LC)</p> <p>Stuffed courgettes with seitan & ratatouille (SC)</p>	<p>Flavoured jasmine rice</p> <p>Steamed fresh green beans</p> <p>Salad bar salad bar with daily fresh green leaves, grated carrot, sliced spanish tomato, cucumber, olives, beetroot, lentils and pulses</p>	<p>Yoghurt with fruit coulis (L)</p> <p>Seasonal hand cut fruit salad</p>
<p>Tuesday 24</p>	<p>Vegetable samosas with mango & coriander raita</p>	<p>Mildly spiced turkey curry Korma style with yoghurt, ginger, garlic</p>	<p>Basmati rice</p> <p>Steamed green beans</p> <p>Salad bar as above</p>	<p>Seasonal hand cut fruit salad</p>
<p>Wednesday 25</p>	<p>Creamy roast sweet potato & sweetcorn soup</p>	<p>Crispy rosada or grilled rosada (FLG)</p> <p>Seitan, courgette & mozzarella tower (FL)</p>	<p>Handcut cajun healthy oven potato wedges</p> <p>Steamed broccoli</p> <p>Alioli & lemon</p> <p>Salad bar as above</p>	<p>Homemade cereal bar (G)</p> <p>Seasonal hand cut fruit salad</p>
<p>Thursday 26</p>	<p>Mildly spiced carrot & coriander soup</p>	<p>Grilled chicken with garlic, lemon & parsley & alioli</p> <p>Stuffed aubergines with pulses & vegetables (I)</p>	<p>Moroccan cous cous with raisins & dried cranberries</p> <p>Roasted mediterranean vegetables</p> <p>Salad bar as above</p>	<p>Jelly & Seasonal hand cut fresh fruit salad</p>
<p>Friday 27</p>	 <p>Tomato, cucumber & feta salad (L)</p>	<p>SOUTH AFRICAN DAY!!</p> <p>Bobotie</p> <p>Traditional South African spiced mince meat pie (LGE)</p> <p>Tofu Bobotie (LGE)</p>	 <p>Saffron rice with raisins</p> <p>Mixed veg</p> <p>Salad bar as above</p>	<p>Sweet treat!</p> <p>Seasonal hand cut fresh fruit salad</p>



Menu September 2024



Monday 30	Vegetable, Leek & Potato Soup	Cajun & lemon grilled chicken breast with onion, corn, tomato 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	Yoghurt with fruit coulis (L) Seasonal hand cut fruit salad
--------------	----------------------------------	-----------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------

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

Menu September 2024

Nutritional Information

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

M	T	W	T	F
<p>02 Protein: 28g Fat: 19g Carbs: 91g Calories: 673</p>	<p>03 Protein: 31g Fat: 29g Carbs: 94g Calories: 740</p>	<p>04 Protein: 32g Fat: 30g Carbs: 101g Calories: 746</p>	<p>05 Protein: 37g Fat: 17g Carbs: 77g Calories: 616</p>	<p>06 Protein: 29g Fat: 23g Carbs: 98g Calories: 720</p>
<p>09 Protein: 36g Fat: 8g Carbs: 75g Calories: 574</p>	<p>10 Protein: 35g Fat: 29g Carbs: 62g Calories: 782</p>	<p>11 Protein: 37g Fat: 31g Carbs: 85g Calories: 792</p>	<p>12 Protein: 34g Fat: 33g Carbs: 72g Calories: 776</p>	<p>13 Protein: 29g Fat: 35g Carbs: 94g Calories: 793</p>
<p>16 Protein: 29g Fat: 21g Carbs: 117g Calories: 772</p>	<p>17 Protein: 38g Fat: 28g Carbs: 84g Calories: 670</p>	<p>18 Protein: 36g Fat: 41g Carbs: 123g Calories: 790</p>	<p>19 Protein: 30g Fat: 25g Carbs: 83g Calories: 694</p>	<p>20 Protein: 30g Fat: 22g Carbs: 101g Calories: 835</p>
<p>23 Protein: 32g Fat: 12g Carbs: 68g Calories: 567</p>	<p>24 Protein: 31g Fat: 21g Carbs: 91g Calories: 592</p>	<p>25 Protein: 25g Fat: 32g Carbs: 84g Calories: 805</p>	<p>26 Protein: 26g Fat: 18g Carbs: 95g Calories: 638</p>	<p>27 Protein: 24g Fat: 16g Carbs: 72g Calories: 652</p>
<p>30 Protein: 38g Fat: 9.7g Carbs: 96g Calories: 606</p>				

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

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