

LUNCH MENU

Week beginning Monday 8 January 2018

MONDAY

MAIN: SMOKED HAM HOCK, APPLEWOOD CHEDDAR & LEEK 'MAC & CHEESE' WITH A HERB CRUMB & HANDMADE GARLIC & ROSEMARY FLATBREAD, STEAMED LEAFY GREENS.

MEAT FREE: BBQ MAPLE BAKED BEANS WITH CHARGRILLED TOASTED WHITE BREAD, WILTED GREENS & A SOFT POACHED EGG

DELI: BAKED HERITAGE TOMATO, BUFFALO MOZZERELLA & BASIL CIABATTA WITH AN ITALIAN GRAIN SALAD.

SOUP: ROAST CELERIAC, HONEY & BROGDALE APPLE SOUP WITH HANDMADE TIGER BREAD.

DESSERT: SPANISH BLOOD ORANGE & POLENTA CAKE WITH STEM GINGER CRÈME FRAICHE.

TUESDAY

MAIN: BRAISED BEEF BRISKET CHILI CON CARNE WITH STEAMED RICE, SWEETCORN & BLACKBEAN SALSA, SOUR CREAM, JALAPENOS, GUACAMOLE & HOMEMADE SMOKED PAPRIKA NACHOS.

MEAT FREE: CHERRY TOMATO, APPLEWOOD CHEDDAR & HARICOT BEAN RISOTTO WITH ROCKET & PARMESAN SALAD & BASIL PESTO

DELI: PULLED CHICKEN, SMASHED AVOCADO & MACHENGO CHEESE BURRITO WITH A MEXICAN STREET SLAW.

SOUP: ROASTED RED & GOLDEN BEETROOT SOUP, WITH HORSERADISH CRÈME FRAICHE & BEETROOT CRISPS

DESSERT: DECONSTRUCTED OATY WHOLEMEAL CRUMBLE WITH KENT APPLES & PEARS & VANILLA BEAN CUSTARD.

WEDNESDAY

MAIN: GRILLED CHICKEN & SUFFOLK CHORIZO PAELLA WITH SAFFRON AIOLI, RUSTIC BREADS & SPANISH TOMATO SALAD.

MEAT FREE: MEATLESS MEATBALLS IN AN ARABIATA SAUCE WITH PESTO LINGUINE & ANTIPASTI SALAD.

DELI: SLOW COOKED SALT BEEF CIABATTA WITH WATERCRESS, HOMEMADE HORSERADISH SAUCE & A PICKLED RAINBOW CARROT SALAD.

SOUP: SWEETCORN & CHIVE CHOWDER WITH HANDMADE CHILI CRACKER

DESSERT: STICKY TOFFEE & BANANA PUDDING WITH BANANA PRALINE & CARDAMON SAUCE.

THURSDAY

MAIN: LAMB KEEMA CURRY WITH BOMBAY POTATOES, POPPADUMS, MANGO CHUTNEY, CUCUMBER RIATA, LIME PICKLE, TOMATO & RED ONION SALAD & WARM NAAN BREADS.

MEAT FREE: CHILI PANEER WITH CHICKPEA PAKORAS, POPPADUMS, MANGO CHUTNEY, CUCUMBER RIATA, LIME PICKLE, TOMATO & RED ONION SALAD & WARM NAAN BREADS.

DELI: HONEY & BLACK PEPPER GOATS CHEESE & BRAISED LEEK TARTLET WITH AGED BALSAMIC VINEGAR.

SOUP: CARROT, ORANGE, GINGER & TURMERIC SOUP WITH HANDMADE GRANARY BREAD.

DESSERT: PARSNIP & MAPLE SYRUP CAKE.

FRIDAY

MAIN: BREADED FISH WITH CHIPS, GARDEN PEAS & TARTAR SAUCE.

MEAT FREE: BAKED AUBERGINE & ROSEMARY CALZONE WITH SUN DRIED TOMATO PESTO.

DELI: ROASTED BEETROOT FALAFELS WITH WHOLEMEAL TOASTED PITTA BREAD, CRUMBLED FETA, MINT YOGHURT & GREEK SALAD.

SOUP: DE CONSTRUCTED MINISTRONE SOUP WITH ORZO PASTA, FIRE ROASTED PEPPERS & CANNELINI BEANS.

DESSERT: SALTED CARAMEL DOUBLE CHOCOLATE BROWNIE WITH MILK CHOCOLATE SAUCE.

AVAILABLE EVERY WEEK

**JACKET POTATO
GRAB & GO SELECTION
SALAD BAR**