

SUPPER MENU

Week beginning Monday 8 January 2018

MONDAY

MAIN: JAMAICAN JERK CHICKEN WITH 'RICE & PEAS' MANGO, CHILI & LIME SALAD & A PEACH JERK SAUCE.

MEAT FREE: CARRIBEAN STYLE VEGETABLE PATTIES WITH 'RICE & PEAS' MANGO, CHILI & LIME SALAD & A PEACH JERK SAUCE.

TUESDAY

MAIN: LAMB MEATBALLS IN AN ARABIATA SAUCE, PESTO LINGUINE & A ROCKET & PARMESAN SALAD WITH AGED BALSAMIC VINEGAR.

MEAT FREE: GOATS CHEESE CARBONARA AL FORNO WITH ROCKET & PARMESAN SALAD WITH AGED BALSAMIC VINEGAR.

WEDNESDAY

MAIN: SPICY BEEF FAJITAS: A WARM TORTILLA WRAP WITH FIRE ROASTED PEPPERS & CARAMALISED ONIONS, TOMATO SALSA & BAKED SEA SALT WEDGES.

MEAT FREE: SPICY PINTO BEAN & MEXICAN CHEESE FAJITA WITH FIRE ROASTED PEPPERS & CARAMALISED ONIONS, TOMATO SALSA & BAKED SEA SALT WEDGES

THURSDAY

MAIN: PERI PERI CHICKEN THIGHS WITH SPICY RICE, GRILLED BUTTERED CORN ON THE COB, LEMON & HERB MAYONNAISE & HOT/MEDIUM/MILD PERI PERI SAUCE

MEAT FREE: CHAR GRILLED HALLOUMI WITH SPICY RICE, GRILLED BUTTERED CORN ON THE COB, LEMON & HERB MAYONNAISE & HOT/MEDIUM/MILD PERI PERI SAUCE

FRIDAY

MAIN: AMERICAN STYLE BURGER: EITHER BEEF BURGER OR NOURISH CHICKEN BURGER WITH BEEF TOMATO, BABY GEM LETTUCE, GHERKINS, GRILLED BACON ONION RINGS & STRAW FRIES

MEAT FREE: GREEK FETA & BASIL FALAFEL BURGER TOASTED BUN, SUN DRIED TOMATO RELISH & STRAW FRIES.

AVAILABLE EVERY WEEK

JACKET POTATO
GRAB & GO SELECTION
SALAD BAR