

<u>Week One Lunch</u>	Monday	Tuesday	Wednesday Confusion	Thursday	Friday	Saturday	Sunday
Soup & Homemade Bread	White onion with kale pesto & garlic croutes	Tofu & sweetcorn with spring onion	Plum tomato, red pepper & spinach	Cream of Mushroom & garlic	Corn, potato, chilli & spring onion chowder		
	Bloomer	French stick	Ciabatta	Bloomer	Focaccia Bread		
Main Meals Live Bar	Jerk spiced turkey steak tomato & nigella seed chutney	Black bean beef & banana blossom brioche bun	Korean pulled pork Bang bang pop shrimp Green bean & coconut curry	Baked chicken leg with Garlic , rosemary & lemon	Battered sustainable fish with lemon wedges & tartar sauce	Jacket Potato with giant baked beans and mature cheddar cheese	SUNDAY BRUNCH See breakfast menu
	Keema lamb with chick peas & spinach	Chicken, kale and butterbean orzo pasta with parmesan	Wrap it Tortilla wrap coconut & lime rice Kimchi Guacamole Mango & papaya salsa Chilli soured cream	Braised beef & barley root vegetable suet topped pie with horseradish gravy	Baked chicken sausages, pear, apples & cider with thyme	Mediterranean chicken pasta bake with Rocket Salad	
Vegetarian	Beef tomato fennel bake with watercress pistou	Bubble & squeak cake pickled carrot salad & rocket oil		Not so mac n cheese	Butternut squash, sweetcorn, feta & pumpkin seed fritter		
Vegetables & Potato	Baked onion & black garlic rice, spiced roast cauliflower Rosemary baked roots	Cumin potatoes with herb yoghurt, steamed broccoli & sesame baked carrots	Korean gochujang house slaw Toasted coconut coated corn on the cob	Roast potatoes Sautéed leeks Cauliflower cheese	Peas Chipped potatoes Corn on the cob Curry sauce		
Bowl Food Bar	J Sweet potato, haricot bean & chard stew	P Tomato, fennel & watercress	J Baked beans with cheddar cheese	Roast vegetable, tomato, feta & basil cous cous	Lentil chilli with wild rice		
Hot Dessert	Pear & raspberry crumble with custard	Toasted seed & apple strudel with cream	Hotteok pancakes with chocolate & maple sauce	Spiced banana & sultana bread	Vegan sticky toffee pudding with toffee sauce		
Cold Dessert	Passion fruit & oat crumble pot Mixed berry yoghurt	Vanilla and raspberry trifle Mixed berry yoghurt	Coconut & chocolate pot Mixed berry yoghurt	Poached Autumnal dried fruit topped with crème fraiche	Chocolate orange pot Mixed berry yoghurt		
Sliced fruit	Galia melon & kiwi	Pineapple & blueberries	Watermelon & plum	Pineapple and red grape			

<u>Week Two Lunch</u>	Monday	Tuesday	Wednesday Curry Bar	Thursday	Friday	Saturday	Sunday
Soup & Homemade Bread	Roasted tomato & butter bean with rocket	Winter vegetable broth	Cauliflower & stilton with lemon crumb	Harissa spiced roots with sour cream	Pumpkin & coconut with chilli jam		
	Ciabatta	Wholemeal bloomer	Sourdough	Tiger bread	Assorted French stick		
Main Meals Live Bar	Chinese style turkey with vegetable chow mein	Beef & brown lentil lasagne Served with garlic bread	Chicken, chick pea & cauliflower masala Bulgogi beef Jackfruit green curry	Pork loin steak baked with red onions & crispy sage	Battered sustainable fish with lemon, dill & cracked pepper mayo	Jacket potato with chunky gammon & thyme	SUNDAY BRUNCH See breakfast menu
	Lamb & barley stew with roasted root vegetables Braised red cabbage	Seafood paella with a rocket and tomato salad basil pesto	Tri colour rice Chilli noodles Indonesian slaw	Spaghetti with salmon broccoli and pea crème fraiche sauce	Chicken Caesar salad with garlic croutons & parmesan	Beef dhansak with fragrant rice	
Vegetarian	Butternut wedges topped with bean ragu, spinach & vegan mozzarella	Sweet potato & butterbean cakes with a chestnut mushroom sauce		Butternut squash chick pea & red onion tacos with kale and chilli pesto	Pulled BBQ jackfruit wraps with chilli humous, rocket & avocado		
Vegetables & Potato	Parmentier potatoes Stir fried greens Steamed cauliflower	Herbed new potatoes Sautéed courgettes Roasted carrots topped with poppy seeds	Garlic & coriander naan breads Carrot & coconut salad Mango chutney Riata	Roast potatoes Steamed green beans Lemon & ginger roast carrots	Chunky chips Steamed peas Baked beans Curry sauce		
Bowl Food Bar	P Chunky tomato, feta & oregano	J Tuna mayo with spring onion & chive	J Ham hock, leek & cheddar	Vegetable tagine with cous cous	Garlic, mushroom & tarragon pasta		
Hot Dessert	Peach & raspberry melba crumble cake	Chilli & orange chocolate brownie	Pear & white chocolate bread and butter	Chilli & orange chocolate brownie	Vegan raspberry cupcakes with vegan no-buttercream		
Cold Dessert	Lemon & lime curd cheesecake Mixed yoghurt pots	Traditional fruit trifle Mixed yoghurt pots	Blueberry panna cotta	Cranberry, apple & oat fool	Lemon posset topped with lime jelly		
Sliced fruit	Honeydew & raspberries	Pineapple & blackberries	Watermelon & peaches	Pineapple & pomegranate	Cantaloupe & blueberries		

<u>Week Three Lunch</u>	Monday	Tuesday	Wednesday Confusion	Thursday	Friday	Saturday	Sunday
Soup & Homemade Bread	Spiced carrot and cardamom	Potato ,watercress & split green pea	Broccoli with haricot bean salsa	Celeriac & apple with horseradish cream	Plum tomato, chilli & roast fennel		
	Bloomer	Ciabatta	French stick	Bloomer	Focaccia Bread		
Main Meals Live Bar	Piri piri baked turkey escalope with pickled vegetables	Chicken, jackfruit & quinoa burrito	All in a brioche bun Bulgogi BBQ beef Seoul fried chicken Korean BBQ sweet potato & chick pea	Pork meatballs with tomato red onion and basil	Battered sustainable white fish with lemon wedges & tomato relish	Jacket potato with tuna sweetcorn mayonnaise	SUNDAY BRUNCH See breakfast menu
	Lamb chilli con carne with sour cream & coriander	Pork steaks with crushed sweet potato & tomato relish	Sauces yuzu mayonnaise Korean BBQ sauce	Chicken and beetroot risotto with goats cheese and toasted seeds	Solent hot dogs in a brioche bun topped with fried onions and American mustard	Firecracker chicken with rice	
Vegetarian	Spiced root vegetable cake with apple & kale slaw	Mexican squash & chick pea stew taco with soya cream	Sriracha chilli sauce	Quorn shepherd's pie with a sweet potato topping and winter herbs	Breaded Halloumi with olive, tomatoes, red onion & mint		
Vegetables & Potato	Lime, chilli & mint rice Creamed corn with coriander Roasted chunky carrots	Homemade wedges #Roasted balsamic red onions Sautéed courgettes	Bang bang cucumbers With sesame & chilli Pickled watermelon salad with mint and ginger Salt & pepper wedges	Brown rice Steamed curly kale Baked squash & tomatoes	French fries Boston baked beans Steamed peas		
Jacket / Pasta J/P or P	Chunky beef ragu with tagliatelle	Baked beans & cheddar cheese	Roast tomato, garlic and rosemary pasta	Cheddar, leek and spinach	Freekeh with chunky vegetable arrabiata		
Hot Dessert	Polenta cake with pear and vanilla compote	Orange & sultana suet pudding with custard	Matcha tea brownie	Dark chocolate& mint cake with caramel sauce	Pear & raspberry shortcrust pie with custard		
Cold Dessert	Turmeric, lime & chai seed pot	Plum syllabub with oat crumble topping	Lemon pannacotta with granola topping	Blackberry & vanilla fool	Vegan chocolate mousse		
	Mixed yoghurt pots	Mixed yoghurt pots	Mixed yoghurt pots	Mixed yoghurt pots	Mixed yoghurt pots		
Sliced fruit	Watermelon & blueberries	Pineapple & blackberries	Honeydew melon & oranges	Pineapple & raspberries	Kiwi & galia melon		

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