

## MONDAY 20TH FEBRUARY

Sausage & Bacon Casserole served with  
Crushed Potatoes, Cabbage & Peas (1, 8, 9, 10)  
or Lentil & Vegetable Goulash served with Rice, Cabbage & Peas (1, 10)  
or Courgette & Aubergine Tagine served with Fruity Cous Cous,  
Whole Green Beans or Mixed Leaf Salad (10, 14)  
Cinnamon Apple Cake & Cream (1, 7, 9)

## TUESDAY 21ST FEBRUARY

Lamb Biryani served with Vegetable Curry and Papadum (1, 7, 10)  
Squash Sweet Potato Curry served with Fragrant Rice,  
Vegetable Curry and Papadum (1, 7, 10)  
Gooseberry Fool served with a Shortbread Biscuit (1, 7, 8, 9)

## WEDNESDAY 22ND FEBRUARY

Roast Beef & Yorkshire Pudding, served with Roast Potatoes,  
Fresh Broccoli, Roasted Carrots & Parsnips (1, 7, 9)  
or Cheesy Leek Crumble, served with Roast Potatoes,  
Fresh Broccoli, Roasted Carrots & Parsnips (1, 9)  
Zesty Lemon Meringue Pie (1, 7, 9)

## THURSDAY 23RD FEBRUARY

Jerk Chicken, Rice & Peas served with Fruity Slaw and Salad (7, 9, 11, 14)  
or Roasted Mediterranean Vegetable Lasagne,  
Garlic Slice & Fresh Salad (1, 7, 9)  
Plum Cobbler & Custard (1, 7, 8, 9)

## FRIDAY 24TH FEBRUARY

Breaded Fish & Chips, served with Garden Peas or Fresh Salad (1, 4, 11)  
or Vegetable Cheese Burger, served with Fries & Salad (1, 7, 8)  
Crème Caramel (9)

## AVAILABLE DAILY

FRESH CHEF'S SALAD - WHOLE GRAIN BREAD - SELF HELP SALAD BAR



THE SPANIARD  
THE ITALIAN  
THE BIG FOOT  
THE ORIENTAL

### THE DELI

FRESH CUT SANDWICHES - ROLLS - WRAPS - PITTAS - BAGUETTES  
SEE THE BLACK BOARDS FOR SOUPS, THEME DAYS  
AND THE CHEF'S SPECIAL

## ALLERGEN KEY

1 Cereals containing gluten  
2 Crustaceans  
3 Molluscs

4 Fish  
5 Peanuts  
6 Nuts

7 Eggs  
8 Soybeans  
9 Milk

10 Celery  
11 Mustard  
12 Lupin

13 Sesame  
14 Sulphur Dioxide



ANY ALLERGEN CONCERNS  
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## MONDAY 27TH FEBRUARY

Italian Beef Lasagne served with Garlic Bread,  
Red Cabbage Slaw & Mixed Salad (1, 7, 9, 11)  
or Mixed Pepper & Spicy Tomato Fajitas served with Jambalaya Rice,  
Red Cabbage Slaw & Mixed Salad (1, 7, 9, 10)  
Apple Crumble & Custard (1, 7, 8, 9)

## TUESDAY 28TH FEBRUARY

Bengali Lamb Kofta Curry served with Fragrant Rice,  
Raita & Warm Flat Bread (1, 9, 10)  
or Lentil Vegetable Balti served with Fragrant Rice, Onion Bhaji  
& Warm Flat Bread (1, 5, 6, 9, 11, 14)  
Blackcurrant Cheesecake (1, 9)

## WEDNESDAY 1ST MARCH

Roast British Pork, Sage & Onion Stuffing & Apple Sauce served with  
Roast Potatoes, Baton Carrots & Spring Greens (1, 9)  
or Vegetarian Sausage Toad in the Hole, served with Roast Potatoes,  
Baton Carrots & Spring Greens (1, 7, 9)  
Pear & Chocolate Sponge with Chocolate Sauce (1, 7, 8, 9)

## THURSDAY 2ND MARCH

Chunky Chicken & Vegetable Pie served with Potato & Celeriac Mash,  
Diced Swede & Savoy Cabbage (1, 7, 9, 10)  
or Shepherdess Pie served with Diced Swede & Savoy Cabbage (7, 9, 10)  
Bread & Butter Pudding with Cream (1, 7, 9, 14)

## FRIDAY 3RD MARCH

Battered Cod, Chips & Peas (1, 4)  
or Crunchy Topped Macaroni Cheese served with  
Tomato Salad & Chips (1, 9, 11)  
Homemade Chocolatey Mousse & Shortbread Biscuit (1, 9, 11)

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## MONDAY 6TH MARCH

Traditional Spaghetti Bolognese, served with Mixed Leaf Salad  
or Whole Green Beans & Cheesy Garlic Bread (1, 9, 10)  
or Lentil & Vegetable Goulash served with Rice, Cabbage & Peas (1, 10)  
Jamaican Ginger Cake with a Lemon Sauce (1, 7)

## TUESDAY 7TH MARCH

Mixed Fish Curry served with Coconut Rice,  
Bombay Potatoes & Naan Bread (1, 2, 4, 9, 10)  
or Cauliflower, Spinach & Chickpea Curry served with Coconut Rice,  
Bombay Potatoes & Naan Bread (1, 9, 10)  
Fresh Fruit Salad & Cream (9)

## WEDNESDAY 8TH MARCH

Roast Leg of Lamb & Mint Sauce served with Roast Potatoes,  
Mixed Winter Root Vegetables & Leeks  
or Portobello Mushrooms stuffed with a Ratatouille  
& topped with Mature Cheddar Cheese (9)  
Apple Pie & Custard (1, 7, 8, 9)

## THURSDAY 9TH MARCH

Cajun Chicken served with Salsa & Sour Cream,  
Oven Baked Seasoned Wedges, Green Beans or Salad (9)  
or Veggie Chilli filled Tacos served with Oven Baked Seasoned Wedges,  
Green Beans or Salad (1, 7, 10)  
Zesty Orange Carrot Cake with Cream Cheese Frosting (1, 7, 9)

## FRIDAY 10TH MARCH

Traditional Fish & Chips (1, 4)  
Salmon & Dill Tart & Fresh Salad (1, 4, 7, 9)  
or Falafel Burger in Brioche Bun, served with Homemade Slaw,  
French Fries & Fresh Salad (1, 7, 9, 11)  
Old Fashioned English Trifle (1, 7, 9)

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## MONDAY 13TH MARCH

Beef Chilli & Rice served with Seasonal Salad & Garlic Slice (1, 10)  
 or Spinach & Ricotta Cannelloni served with  
 Seasonal Salad & Garlic Slice (1, 9)  
 Syrupy Pineapple Upside Down Cake & Custard (1, 7, 8, 9)

## TUESDAY 14TH MARCH

Chicken Dansak, Pilau Rice & Onion Bahji & Papadum (1, 7, 10)  
 or Vegetable Korma, Pilau Rice & Onion Bahji  
 & Papadum (1, 5, 6, 7, 10, 11)  
 Mango Cheesecake (1, 9)

## WEDNESDAY 15TH MARCH

Honey Roasted Gammon served with Garlic & Thyme Roast Potatoes,  
 Fresh Carrots & Savoy Cabbage  
 or Yorkshire Pudding stuffed with Cauliflower Gratin served with  
 Garlic & Thyme Roast Potatoes, Fresh Carrots & Savoy Cabbage (1, 7, 9)  
 Apple Strudel & Custard (1, 7, 8, 9, 14)

## THURSDAY 16TH MARCH

ST PATRICK'S DAY  
 THEME DAY

## FRIDAY 17TH MARCH

Traditional Fish & Chips, served with Peas or Side Salad (1, 4)  
 or Homemade Cheese & Onion Pasty served with  
 Chips & Peas or Side Salad (1, 7, 9)  
 Berry Eton Mess (7, 9)

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## MONDAY 20TH MARCH

'Bangers & Mash' served with Caramelised Onions,  
Cabbage & Creamed Swede (1, 8, 9)  
or Broad Bean & Parmesan Risotto served with  
Garlic Bread & Mixed Salad (9)  
Best Ever Chocolate Brownie & Ice Cream (1, 7, 8, 9)

## TUESDAY 21ST MARCH

Beef Rogan Josh, Basmati Rice, Papadum & Vegetable Curry (1, 10)  
or Mushroom & Potato Curry, Basmati Rice,  
Papadum & Vegetable Curry (1, 10)  
Coconut & Passion Fruit Cheesecake (1, 9)

## WEDNESDAY 22ND MARCH

Garlic & Lemon Chicken, served with  
Baby Roast Potatoes, Fresh Carrots & Leeks  
or Cheesy Stuffed Red Peppers served with  
Baby Roast Potatoes, Fresh Carrots & Leeks (1, 9)  
Apricot Slice & Custard (1, 7, 8, 9)

## THURSDAY 23RD MARCH

Moroccan Spiced Lamb Tagine served with Cous Cous,  
Broccoli or Mixed Salad (1, 10, 14)  
or Mixed Bean Cassoulet served with Dauphinoise Potatoes,  
Broccoli or Mixed Salad (9, 10)  
Sticky Toffee Pudding with Toffee Sauce (1, 7, 9)

## FRIDAY 24TH MARCH

Creamy Salmon Fish Pie, served with Peas or Mixed Salad (4, 9)  
or Breaded Fish, served with Chips & Peas or Mixed Salad (1, 4, 11)  
or Roasted Pepper Frittata with Chips & Peas or Mixed Salad (7, 9)  
Creamy Rice Pudding with Fruit Compote (9)

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## MONDAY 27TH MARCH

Spanish Style Meatballs served with Potato Bravas, Chefs Salad (10)  
 or Vegetarian Spaghetti Bolognese served with  
 Garlic Bread & Chefs Salad (1, 7, 10)  
 Classic Rhubarb Crumble & Custard (1, 7, 8, 9)

## TUESDAY 28TH MARCH

Beef Massaman Curry & Sticky Rice Served with  
 Woked Oriental Vegetables  
 or Thai Green Vegetable Curry & Sticky Rice Served with  
 Woked Oriental Vegetables  
 Fresh Fruit Jelly & Cream (9)

## WEDNESDAY 29TH MARCH

Roast Turkey & Savoury Stiffing served with Roast Potatoes,  
 Honey Roast Parsnips, Kale & Carrots (1, 9)  
 or Red Lentil & Cheese Loaf with a homemade Tomato Sauce  
 served with Roast Potatoes, Honey Roast Parsnips, Kale & Carrots (7, 9, 10)  
 French Apple Tart & Vanilla Sauce (1, 9)

## THURSDAY 30TH MARCH

Lamb Shepherd's Pie, served with Fresh Cauliflower & Leeks  
 with Cheese Sauce (1, 9, 10)  
 or Bean, Lentil & Butternut Squash Casserole with Fluffy Dumplings (1, 10)  
 Banoffee Pie (1, 9)

## FRIDAY 31ST MARCH

Breaded Fish, served with Chips & Peas or Fresh Salad (1, 4, 11)  
 or BBQ Vegetable & Mozzarellas Cheese Calzone,  
 served with Chips & Peas or Fresh Salad (1, 9)  
 Chocolate Sponge Pudding & Chocolate Sauce (1, 7, 8, 9)

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## MONDAY 3RD APRIL

Sausage & Bacon Casserole served with  
Crushed Potatoes, Cabbage & Peas (1, 8, 9, 10)  
or Lentil & Vegetable Goulash served with Rice, Cabbage & Peas (1, 10)  
or Courgette & Aubergine Tagine served with Fruity Cous Cous,  
Whole Green Beans or Mixed Leaf Salad (10, 14)  
Cinnamon Apple Cake & Cream (1, 7, 9)

## TUESDAY 4TH APRIL

Lamb Biryani served with Vegetable Curry and Papadum (1, 7, 10)  
Squash Sweet Potato Curry served with Fragrant Rice,  
Vegetable Curry and Papadum (1, 7, 10)  
Gooseberry Fool served with a Shortbread Biscuit (1, 7, 8, 9)

## WEDNESDAY 5TH APRIL

Roast Beef & Yorkshire Pudding, served with Roast Potatoes,  
Fresh Broccoli, Roasted Carrots & Parsnips (1, 7, 9)  
or Cheesy Leek Crumble, served with Roast Potatoes,  
Fresh Broccoli, Roasted Carrots & Parsnips (1, 9)  
Zesty Lemon Meringue Pie (1, 7, 9)

## THURSDAY 6TH APRIL

Jerk Chicken, Rice & Peas served with Fruity Slaw and Salad (7, 9, 11, 14)  
or Roasted Mediterranean Vegetable Lasagne,  
Garlic Slice & Fresh Salad (1, 7, 9)  
Plum Cobbler & Custard (1, 7, 8, 9)

## FRIDAY 7TH APRIL

Breaded Fish & Chips, served with Garden Peas or Fresh Salad (1, 4, 11)  
or Vegetable Cheese Burger, served with Fries & Salad (1, 7, 8)  
Crème Caramel (9)

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