

Sample Dishes from the Daily Changing Menu

Soup of the day

Lentil & spinach
Thai spiced sweet potatoes with coconut
Cream of tomato
Leek & potato
Zuppa di pane - Cannellini beans, onions, carrots, celery, garlic, parsley, cabbage, potatoes, tomatoes & bread soup

Salads

Classic Coleslaw made with free range egg mayo
New potato, fried chorizo, red onions, peas & parsley salad
Greek salad – Feta cheese, vine tomatoes, cucumber, mixed leaves, marinated black olives, capers & oregano
Mixed leaf - lollo rosso, radicchio, round lettuce & oak leaf
Chick pea & Aubergine caviar, garlic, chilli, lemon juice & fresh herbs
Pasta, tomato sauce, marinated tomatoes, courgettes, fresh herbs & mozzarella
Pomegranate, grated beetroots, grated carrots, mixed leaves, apples & cottage cheese
Broccoli, radishes, peas, sugar snap peas & sesame seeds

Mains of the day

Glazed British ham with mustard & parsley sauce
Meatballs in mushroom, cream & white wine sauce
Roast loin of British pork with crackling & apple sauce
Tacos stuffed with chilli beef, salsa, cheese, lettuce & sour cream
Lamb curry with rice

Spiced sweet potato & chickpea curry
Tacos stuffed with veggie chilli, salsa, cheese, lettuce & sour cream
Homemade bean & vegetable burgers
Veggie – cashew nut and vegetable paella
Veggie pie - carrots, onions, mushrooms, celeriac, peas, soya mince with potato top
Veggie - Caramelised onion, thyme & goats cheese tart

Fish & chips with tartar sauce
Organic Salmon fish cakes with cream of spinach sauce

Pasta of the day

Spaghetti with chilli, garlic & parsley
Penne arrabiata, tomatoes, garlic, chilli & parsley
Fusilli with spinach, blue cheese & marinated tomatoes
Pasta bake with tomato sauce, roast vegetables, leeks, peas, red pepper & onions topped with cheddar cheese

Quiche of the day

Goat cheese & red pepper
Cheddar cheese & broccoli
Mushroom & cheddar
Vegetable of the day
Braised red cabbage
Swede & carrot mash
Broccoli
Brussels sprouts, with new potatoes, garlic & fried breadcrumbs
Roasted root vegetables with thyme

