Lunch Menu

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| $3$ | Mushroom Soup served with freshly baked bread | Tomato and Basil Soup served with freshly baked bread | Leek and Potato Soup served with freshly baked bread | Carrot and Coriander Soup with freshly baked bread | Summer Vegetable Soup with freshly baked bread |  |
| Main Course | Main Course I | Main Course I | Main Course I | Main Course I | Main Course I | Main Course |
| Summer Jacket Bar your choice of jacket Tuna Melt <br> Sweet Potato with Beef Chilli and Sour Cream <br> Your Choice of Salad from the Salad Bar | Buttermilk Chicken served on a open ciabatta, baby gem and homemade coleslaw | Chinese Braised Beef One Pot <br> Sichuan Chicken Wings | Pasta Bar <br> Italian Meatballs served in a rich tomato sauce | Honey Roast Gammon served with Yorkshire pudding and homemade gravy | QM Chip Shop Fish 'n' Chips Battered Fish Fillet served with homemade tartare sauce Oven Baked Fish Fingers | Chicken Burritos <br> Pulled Pork and Bean Tacos |
|  | Main Course 2 | Main Course 2 | Main Course 2 | Main Course 2 | Main Course 2 | Creamy Sour Cream Dip |
|  | Ham, Rocket and Cheese Muffin <br> Mushroom, Rocket and Cheese Muffin | Breaded Chicken Wraps <br> Vegetable Quesadillas | Paninis <br> Ham and Cheese Melt Cheese Tomato and Basil Melt | Beef Chilli Pot, Sour Cream and Nachos <br> Vegetable and Bean Chilli Pot, Sour Cream and Nachos | Steamed Fish served with Asian sautéed spring vegetables | Mexican Hummus Dip Tortilla Chips <br> Chopped Mexican Salad with Lime Wedges |
| Vegetarian and Vegan Option | Vegetarian and Vegan Option | Vegetarian and Vegan Option | Vegetarian and Vegan Option | Vegetarian and Vegan Option | Vegetarian and Vegan Option | Vegetarian and Vegan Option |
| Cheesy Bean Just Cheese Jacket Your Choice of Salad from the Salad Bar | Sicilian Aubergine Stew and Couscous | Veggie Chow Mein | Homemade Broccoli Pesto and Roasted Tomato Pasta | Spinach and Mixed Bean Frittata, rocket leaves and feta finished with a lemon dressing | Hasselback Halloumi Tray Bake finished in a rich basil tomato sauce | Refried Beans and Cheese Burritos <br> Cauliflower Tacos with crispy red onions |
| Vegetables and Potatoes | Vegetables and Potatoes | Vegetables and Potatoes | Vegetables and Potatoes | Vegetables and Potatoes | Vegetables and Potatoes | Vegetables and Potatoes |
| Homemade Coleslaw Steamed Sweetcorn | Roasted New Potatoes with garlic and oregano <br> Steamed Carrots and Broccoli | Egg Fried Rice Asian Greens Chinese Stir-fried Vegetables | Pasta Steamed Sweetcorn Garlic Bread | Crispy Roast Potatoes Cauliflower Cheese Steamed Carrots | Chipped Potatoes Mushy Peas Baked Beans Garden Peas | Lime Rice Mexican Street Corn on the Cob Tangy Mexican Slaw |
| Jacket Potatoes with various hot and cold toppings. | Jacket Potatoes with various hot and cold toppings | Jacket Potatoes with various hot and cold toppings | Jacket Potatoes with various hot and cold toppings | Jacket Potatoes with various hot and cold toppings | Jacket Potatoes with various hot and cold toppings | Jacket Potatoes with various hot and cold toppings |
| Dessert | Dessert | Dessert | Dessert | Dessert | Dessert | Dessert |
| Selection of Cold Desserts | Fruit Crumble and Custard | Banoffee Pie Pots | Steve's Lemon \& Meringue Pie | Poppy Seed and Lemon Drizzly Muffins | Oreo Muffins | Watermelon Wedges or Chocolate Mousse |

