




# Lent Supper

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main course 1	 Chicken thigh with coriander & lime	Slow-cooked beef & ale casserole	 <b>The Burgers</b> The "Brunch" Bacon & hash brown The "Caesar" Chicken, baby gem, Caesar dressing The "Spicy" Spicy bean burger, sriracha mayo, slaw	Chicken & chorizo paella	 Baked chicken with dates, olives & oregano Khobez wrap, falafel lemon & coriander Honey roast cumin carrot, feta & apple filo	Lasagne	Butter roasted Turkey
		Home-fried chicken		Lamb meatballs with tagliatelle			
Main course 2	Pork with chilli, garlic & tomato sauce in a pitta/wrap Black beans with roasted tomato & onions	Mushroom and blue cheese gnocchi	Parmesan French fries Smokey Boston beans Corn on the cob	Ratatouille	Baked rice with tomatoes garlic & cinnamon Harissa baked potatoes roasted Za'atar aubergine & courgette	Quorn lasagne	Breaded halloumi with root vegetable slaw & plum chutney
		Dauphinoise potato		Rustic breads			
On The Side	Served with crushed avocado, soured cream, pico de gallo Smokey potatoes Baked sweetcorn & tomato salad, bribando	Sautéed courgettes	Sweetcorn with chives Seasonal greens with roasted garlic oil	Seasonal greens with roasted garlic oil	Baked rice with tomatoes garlic & cinnamon Harissa baked potatoes roasted Za'atar aubergine & courgette	Garlic bread Roasted squash Baked wedges	Thyme & garlic roast potatoes Minted peas Crushed carrots & parsley butter
		Roasted root vegetables					
Hot Dessert	Bread & butter pudding	Pear & ginger crumble with cream	Mocha cake	Raspberry & clementine loaf cake	Golden syrup sponge with custard	Banana & toffee blondies	Plum Bakewell slice
Fruit	Whole fruits	Whole fruits	Whole fruits	Whole fruits	Whole fruits	Whole fruits	Whole fruits

## Salad Bar






# Lent Supper

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main course 1		Turkey, mushroom & parsley pie, puff pastry top		Pizza Night		SFC	Squash, cauliflower & spinach crumble
		Chunky Beef chilli					
Main course 2	Chilli sausage in a hot dog roll Smokey pork sausage in a hot dog roll Vegi sausage	Bell peppers stuffed with giant couscous, olives, tomatoes & mint	<b>The Burgers</b> The "Tikka" Crispy chicken tikka, mango & Mint yogurt The Sloppy Joe	Pizza Night	Dukkha breaded chicken with basil pistou Baked fish pie with Za'atar & sumac	Wild mushroom & spinach risotto	Roast chicken & trimmings
On The Side		Lemon & parsley boiled potatoes Rice Cumin carrots & red onions Grilled corn cobs	The "Tofunky" Crispy tofu, Asian slaw, katsu sauce Bombay spiced chips Sambal salad Garlic fried greens	French fries Baked pumpkin with spring onions & green peppers	Pea, Za 'atar & lemon fritters Cumin new potato carrots Coriander & chilli slaw	French fries BBQ beans Coleslaw Gravy	Thyme & garlic roast potatoes Kale Crushed carrots & parsley butter
Hot Dessert	Chocolate ripple cake with lime curd cream	Carrot cake with frosting	Chocolate & cherry cake	Apple, raisin & nutmeg sponge	Lemon sponge with white chocolate & cranberries	Banana & toffee scotch pancakes	Apple pie
Fruit	Whole fruits	Whole fruits	Whole fruits	Whole fruits	Whole fruits	Whole fruits	Whole fruits

Salad Bar

# Lent Supper

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main course 1		Cottage pie with red onion gravy	 <p><b>The Burgers</b></p>	Sticky sweet chilli chicken drumstick with coconut & lime		Spaghetti bolognaise	Honey-roasted gammon
		Turkey escallops		Pork & cider stew			
Main course 2	Chicken thighs with oregano & chilli	Courgette & ricotta fritters with tzatziki	The "Big Mac" Mac & cheese, tomato & onion	Bean & cider casserole	Sumac spiced chicken leg with orange & mint	Quorn bolognaise	Broccoli, spinach & blue cheese tagliatelle
	Black eyed beans & paprika crushed squash		Piri Piri chicken, lime mayo, red cabbage slaw				
On The Side	Crispy fish with lime & chilli batter	Herb parmentier potatoes	The "Green Machine" Spinach & cheddar, dill mayo, watercress & tomato	Roast new potatoes	Cous cous	Garlic bread	Thyme & garlic roast potatoes
	Served with pickled vegetables, pico de gallo & crushed avocado		Piri Piri fries				
	Dirty rice	Maple-roasted parsnips with herbs	Blackened corn	Stir fry greens with soy & ginger	Kale with garlic, cumin & lime	Parmesan	Crushed carrots & parsley butter
	Grilled corn	Sautéed green cabbage & apple	Onion rings			Baked squash	
Hot Dessert	Lemon drizzle cake	Carrot & sultana cake with orange frosting	Chocolate pudding	Gingerbread cake	Upside down pear & vanilla cake	Toffee apple pudding with custard	Apple & banana oat crumble
Fruit	Whole fruits	Whole fruits	Whole fruits	Whole fruits	Whole fruits	Whole fruits	Whole fruits

Salad Bar