

Informal Lunch menu – week of 24th February

1	Meat	Fish	Vegan	Kitchen specials	Dessert
Mon	Thai Red Chicken Curry, Jasmin rice	Harissa-crumbed fish,	Gnocchi, white beans, tomato sauce	Cornish Pasty	Apple, pear crumble.
Tues	Slow cooked Brisket, Yorkshire pudding	Baked Cod Florentine	Eggplant, broccoli, tofu fried rice	Roasted vegetable Pizza	Tiramisu
Wed	Chicken Enchilada, jalapenos'	Fish Pie, Parsley Mash	Jackfruit goulash, rice	Cheese Omelette, mixed leaf	Chocolate Tart
Thurs	Loin of Pork, five spice glace, vegetable rice	Roasted Fish, Couscous	Moussaka	Crisp vegetable wrap, 1000 island dressing	Steamed Sponge, golden syrup
Fri	Spaghetti bolognaise	Fried Fish, chips, rough cut Tartare sauce	Spaghetti bolognaise	Ham & tomato Panini	Cheesecake

Informal Supper menu – week of 24th February

1	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Chicken & Mushroom Pie, mash	Baked fish, sesame noodles	Field mushroom, Quorn mince gratin	Cornish Pasty	Assiette of desserts/puddings
Tues	Pork Ribeye, Cajun spiced wedges, chipotle sauce	Keralan Mappas	Cous cous stuffed peppers	Roasted vegetable Pizza	Assiette of desserts/puddings
Wed	Moussaka	Breaded fish, sauce Vierge	Courgette, lentil fritter. Tomato, coriander salsa	Cheese Omelette	Assiette of desserts/puddings
Thurs	Sweet and Sour chicken. Rice	Spiced Pollock, sweet potato hash	Plant Chicken, sweet and sour sauce	Crisp vegetable wrap, 1000 island dressing	Assiette of desserts/puddings
Fri	Kitchen Special	Kitchen Special	Kitchen Special	Kitchen Special	Assiette of desserts/puddings

Informal Lunch menu – week of 3 March

2	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Loin of Pork, potatoes, sage	Haddock, mozzarella fish cakes, Tartare sauce	Spinach, polenta gallette, vegan cheese, confit onion	Jacket Potato, baked beans	Churros, dulce de leche
Tues	Chicken 65, braised rice	Baked Haddock,	Spiced Cauliflower, potato, rice	Bacon, sourdough roll	Bakewell Tart
Wed	Stir fried beef, vegetables, noodles	Salmon, parsley sauce	Pea, edamame bean risotto	Cheese & tomato omelette	Banana Chimichanga
Thurs	Chicken Souvlaki	Pollock, gremolata crumb, lemon	Vegan Quorn in puff pastry	Dhal, Rice	Apple Pie, custard
Fri	Bangers, mash, burnt onion gravy	Fried Fish, chips, rough cut Tartare sauce	Nasi Goreng, plant chicken	Peppered steak slice	Chocolate Brownie

Informal Supper menu – week of 3 March

2	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Chicken Paprikash	Fish in filo, romesco sauce	Grilled tranche of celeriac, curried chick pea	Jacket potato, baked beans	Assiette of desserts/puddings
Tues	Pork Ribeye, Vegetable rice	Grilled Fish, black olive, tomato	Jackfruit, puff pastry	Bacon, sourdough roll	Assiette of desserts/puddings
Wed	Cottage Pie	Pan Fried Seabass, salsa Verdi	Braised peppers, tomato sauce	Cheese & tomato omelette	Assiette of desserts/puddings
Thurs	Buttermilk southern fried chicken burger	Steamed Fish, spring onion, ginger, soy	Bean chilli, jacket potato	Dhal, Rice	Assiette of desserts/puddings
Fri	Kitchen Special	Kitchen Special	Kitchen Special	Kitchen Special	Assiette of desserts/puddings

Informal Lunch menu – week of 10 March

3	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Escalope of Pork, mustard sauce	Baked Fish, potatoes, dill	Chana Masala, saffron rice	Jacket Potato, baked beans	Berry Crumble
Tues	Braised beef, vegetables, mash	Peri Peri Haddock,	Greens, chia, white bean cannelloni	Vegetable sausages', mash, onions	Coconut tart
Wed	Chicken Tikka Masala	Baked fish, Mediterranean vegetables, tomato sauce	Plant chicken casserole & vegetable caser	Mac & cheese	Sticky Toffee Pudding, crème fraiche
Thurs	Beef Lasagne	Haddock, tomato, basil	Plant Chicken Tagine	Tuna & sweetcorn tart	Apple Cobbler
Fri	Sauteed, garlic mash, tarragon sauce	Fried Fish, chips, rough cut Tartare sauce	Teriyaki Tofu, noodles	Cheddar, leek, white onion Quiche	Raspberry Doughnut

Informal Supper menu – week of 10 March

3	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Gunpowder Chicken, red chilli, noodles	Roasted Fish, parsley sauce	Spiced Aubergine, beluga lentil pasta bake	Jacket Potato, baked beans	Assiette of desserts/puddings
Tues	Beef Chilli, Rice	Keralan style Mappas	Thai Vegetable Curry, rice	Vegetable sausages', mash, onions	Assiette of desserts/puddings
Wed	Fried chicken, Gochujang mayo, slaw	Pollock, preserved lemon risotto	Aubergine, tomato, butter bean, plant cheese	Mac & cheese	Assiette of desserts/puddings
Thurs	Cumberland Sausage, mash, onion gravy	Roasted fish, sauce Vierge	Vegetable Samosa, mixed leaf, mint	Tuna & sweetcorn tart	Assiette of desserts/puddings
Fri	Kitchen Special	Kitchen Special	Kitchen Special	Kitchen Special	Assiette of desserts/puddings

Informal Lunch menu – week of 17 March

4	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Turkey Schnitzel, Piquant sauce	Thai Yellow curry	Jackfruit, black bean, noodles	Gnocchi, tomatoes, olives	Banana Mess
Tues	Breast of Chicken, tarragon sauce	Fish Pakora, lime pickle	Sweet and sour Broccoli, Tofu, rice	Cheese, pickle, lettuce, tomato Panini	Lemon Drizzle cake
Wed	Pork Loin, five spice, quick fried vegetables	Fish Pie, pea and dill mash	Falafel, Pitta, garlic sauce	Bubble and Squeak, fried egg	Pear and berry crumble
Thurs	Chicken Shawarma, garlic sauce, lettuce	Roasted haddock, tomato, black olive sauce	Aubergine, vegetables, rice	Ramen	Cheese cake
Fri	Cumberland Sausage, Mash	Fried Fish, chips, rough cut Tartare sauce	Grilled Polenta, charred vegetables	Vegetable pakora mixed salad	Doughnuts

Informal Supper menu – week of 17 March

4	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Feijoada Brasileira, rice	Fish cakes with a little mozzarella, Tartare sauce	Plant chicken stroganoff	Gnocchi, tomatoes, olives	Assiette of desserts/puddings
Tues	Burgers/ Beef, Plant	Charred Tuna, avocado	Katsu Tofu, sticky rice.	Cheese, pickle, lettuce, tomato Panini	Assiette of desserts/puddings
Wed	Chicken Kabsa	Bouillabaisse	Vegetable Thai red curry.	Bubble and Squeak, fried egg	Assiette of desserts/puddings
Thurs	Slow cooked beef, rice and peas'	Baked Fish, capers, parsley	Lentil, tofu ragout, rice and peas'	Ramen	Assiette of desserts/puddings
Fri	Kitchen Special	Kitchen Special	Kitchen Special	Kitchen Special	Assiette of desserts/puddings

Informal Lunch menu – week of 24th March

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Mon	Thai Red Chicken Curry, Jasmin rice	Harissa- crumbed fish,	Gnocchi, white beans, tomato sauce	Cornish Pasty	Apple, pear crumble.
Tues	Slow cooked Brisket, Yorkshire pudding	Baked Cod Florentine	Eggplant, broccoli, tofu fried rice	Roasted vegetable Pizza	Tiramisu
Wed	Chicken Enchilada, jalapenos'	Fish Pie, Parsley Mash	Jackfruit goulash, rice	Cheese Omelette, mixed leaf	Chocolate Tart
Thurs	Loin of Pork, five spice glace, vegetable rice	Roasted Fish, Couscous	Moussaka	Crisp vegetable wrap, 1000 island dressing	Steamed Sponge, golden syrup
Fri	Spaghetti bolognaise	Fried Fish, chips, rough cut Tartare sauce	Spaghetti bolognaise	Ham & tomato Panini	Cheesecake

Informal Supper menu – week of 24th March

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Mon	Chicken & Mushroom Pie, mash	Baked fish, sesame noodles	Field mushroom, Quorn mince gratin	Cornish Pasty	Assiette of desserts/puddings
Tues	Pork Ribeye, Cajun spiced wedges, chipotle sauce	Keralan Mappas	Cous cous stuffed peppers	Roasted vegetable Pizza	Assiette of desserts/puddings
Wed	Moussaka	Breaded fish, sauce Vierge	Courgette, lentil fritter. Tomato, coriander salsa	Cheese Omelette	Assiette of desserts/puddings
Thurs	Sweet and Sour chicken. Rice	Spiced Pollock, sweet potato hash	Plant Chicken, sweet and sour sauce	Crisp vegetable wrap, 1000 island dressing	Assiette of desserts/puddings
Fri	Kitchen Special	Kitchen Special	Kitchen Special	Kitchen Special	Assiette of desserts/puddings

Informal Lunch menu – week of 31 March

2	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Loin of Pork, potatoes, sage	Haddock, mozzarella fish cakes, Tartare sauce	Spinach, polenta gallette, vegan cheese, confit onion	Jacket Potato, baked beans	Churros, dulce de leche
Tues	Chicken 65, braised rice	Baked Haddock,	Spiced Cauliflower, potato, rice	Bacon, sourdough roll	Bakewell Tart
Wed	Stir fried beef, vegetables, noodles	Salmon, parsley sauce	Pea, edamame bean risotto	Cheese & tomato omelette	Banana Chimichanga
Thurs	Chicken Souvlaki	Pollock, gremolata crumb, lemon	Vegan Quorn in puff pastry	Dhal, Rice	Apple Pie, custard
Fri	Bangers, mash, burnt onion gravy	Fried Fish, chips, rough cut Tartare sauce	Nasi Goreng, plant chicken	Peppered steak slice	Chocolate Brownie

Informal Supper menu – week of 31 March

2	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Chicken Paprikash	Fish in filo, romesco sauce	Grilled tranche of celeriac, curried chick pea	Jacket potato, baked beans	Assiette of desserts/puddings
Tues	Pork Ribeye, Vegetable rice	Grilled Fish, black olive, tomato	Jackfruit, puff pastry	Bacon, sourdough roll	Assiette of desserts/puddings
Wed	Cottage Pie	Pan Fried Seabass, salsa Verdi	Braised peppers, tomato sauce	Cheese & tomato omelette	Assiette of desserts/puddings
Thurs	Buttermilk southern fried chicken burger	Steamed Fish, spring onion, ginger, soy	Bean chilli, jacket potato	Dhal, Rice	Assiette of desserts/puddings
Fri	Kitchen Special	Kitchen Special	Kitchen Special	Kitchen Special	Assiette of desserts/puddings

Informal Lunch menu – week of 7 April

3	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Escalope of Pork, mustard sauce	Baked Fish, potatoes, dill	Chana Masala, saffron rice	Jacket Potato, baked beans	Berry Crumble
Tues	Braised beef, vegetables, mash	Peri Peri Haddock,	Greens, chia, white bean cannelloni	Vegetable sausages', mash, onions	Coconut tart
Wed	Chicken Tikka Masala	Baked fish, Mediterranean vegetables, tomato sauce	Plant chicken casserole & vegetable caser	Mac & cheese	Sticky Toffee Pudding, crème fraiche
Thurs	Beef Lasagne	Haddock, tomato, basil	Plant Chicken Tagine	Tuna & sweetcorn tart	Apple Cobbler
Fri	Sauteed, garlic mash, tarragon sauce	Fried Fish, chips, rough cut Tartare sauce	Teriyaki Tofu, noodles	Cheddar, leek, white onion Quiche	Raspberry Doughnut

Informal Supper menu – week of 7 April

3	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Gunpowder Chicken, red chilli, noodles	Roasted Fish, parsley sauce	Spiced Aubergine, beluga lentil pasta bake	Jacket Potato, baked beans	Assiette of desserts/puddings
Tues	Beef Chilli, Rice	Keralan style Mappas	Thai Vegetable Curry, rice	Vegetable sausages', mash, onions	Assiette of desserts/puddings
Wed	Fried chicken, Gochujang mayo, slaw	Pollock, preserved lemon risotto	Aubergine, tomato, butter bean, plant cheese	Mac & cheese	Assiette of desserts/puddings
Thurs	Cumberland Sausage, mash, onion gravy	Roasted fish, sauce Vierge	Vegetable Samosa, mixed leaf, mint	Tuna & sweetcorn tart	Assiette of desserts/puddings
Fri	Kitchen Special	Kitchen Special	Kitchen Special	Kitchen Special	Assiette of desserts/puddings

Informal Lunch menu – week of 14 April

4	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Turkey Schnitzel, Piquant sauce	Thai Yellow curry	Jackfruit, black bean, noodles	Gnocchi, tomatoes, olives	Banana Mess
Tues	Breast of Chicken, tarragon sauce	Fish Pakora, lime pickle	Sweet and sour Broccoli, Tofu, rice	Cheese, pickle, lettuce, tomato Panini	Lemon Drizzle cake
Wed	Pork Loin, five spice, quick fried vegetables	Fish Pie, pea and dill mash	Falafel, Pitta, garlic sauce	Bubble and Squeak, fried egg	Pear and berry crumble
Thurs	Chicken Shawarma, garlic sauce, lettuce	Roasted haddock, tomato, black olive sauce	Aubergine, vegetables, rice	Ramen	Cheese cake
Fri	Cumberland Sausage, Mash	Fried Fish, chips, rough cut Tartare sauce	Grilled Polenta, charred vegetables	Vegetable pakora mixed salad	Doughnuts

Informal Supper menu – week of 14 April

4	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Feijoada Brasileira, rice	Fish cakes with a little mozzarella, Tartare sauce	Plant chicken stroganoff	Gnocchi, tomatoes, olives	Assiette of desserts/puddings
Tues	Burgers/ Beef, Plant	Charred Tuna, avocado	Katsu Tofu, sticky rice.	Cheese, pickle, lettuce, tomato Panini	Assiette of desserts/puddings
Wed	Chicken Kabsa	Bouillabaisse	Vegetable Thai red curry.	Bubble and Squeak, fried egg	Assiette of desserts/puddings
Thurs	Slow cooked beef, rice and peas'	Baked Fish, capers, parsley	Lentil, tofu ragout, rice and peas'	Ramen	Assiette of desserts/puddings
Fri	Kitchen Special	Kitchen Special	Kitchen Special	Kitchen Special	Assiette of desserts/puddings