

## Informal Lunch menu – week of 29 June

4	Meat	Fish	Vegan	Kitchen Specials	Dessert
<b>Mon</b>	Chicken tagine, cous-cous	Baked fish, pesto and olive crumb	Salt & Pepper Tofu, Noodles	Omelette, roasted vegetables	Flapjack, dried fruits,
<b>Tues</b>	Cottage pie, vegetable mash	Salmon, beetroot and lentil salad	Arancini, black olive, sundried tomato, basil	Matar Paneer, flat bread	Bakewell Tart
<b>Wed</b>	Turkey, piquant sauce	Kedgerree, curry sauce	Black bean, sweet potato chilli	Panini, mozzarella, roquet, pesto	Millionaires' shortbread
<b>Thurs</b>	Braised Chicken thigh, tomato, mozzarella, oregano	Steamed fish, prawn and parsley sauce	Tofu, lentil, aubergine	Leek & stilton quiche	Raspberry doughnuts
<b>Fri</b>	Pork with charred peppers,	Fried Fish, chips, rough cut Tartare sauce	Jackfruit, banana leaf masala	Vegetable chow Mein, fermented chilli	Chocolate brownie

## Informal Supper menu – week of 29 June

4	Meat	Fish	Vegan	Kitchen Specials	Dessert
<b>Mon</b>	Gloucester Hot pot	Peri peri spiced fish, macho peas	Plant chicken & mushroom stroganoff	Omelette, roasted vegetables	Assiette of desserts/puddings
<b>Tues</b>	Chicken piccata, pasta	Seared fish, potato salad, dill	Tagine of vegetables & pulses	Matar Paneer, flat bread	Assiette of desserts/puddings
<b>Wed</b>	Beef Burger, mature cheddar, pickles'	Fish cakes, mozzarella, Tartare sauce	Thai red curry.	Leek & stilton quiche	Assiette of desserts/puddings
<b>Thurs</b>	Spaghetti Bolognaise	Sea bream, quick fried vegetables	Spaghetti Bolognaise (vegan)	Vegetable chow Mein, fermented chilli	Assiette of desserts/puddings
<b>Fri</b>	<b>Kitchen Special</b>	<b>Kitchen Special</b>	<b>Kitchen Special</b>	<b>Kitchen Special</b>	Assiette of desserts/puddings

## Informal Lunch menu – week of 6 July

1	Meat	Fish	Vegan	Kitchen specials	Dessert
Mon	Chicken Kabsa, yoghurt dressing	Grilled fish, sauce vingaurde	Grilled Tofu, lentil, charred greens	Jacket potato, baked beans or tuna mayo	Decadent cream roll
Tues	Beef chow mein	Seabass, pasta salad, garden herbs	Chick pea & Aubergine Tagine, Cous-cous	Dhal Makhani, paratha	Panna cotta mixed berries
Wed	Chicken Milanese, mixed leaf	Steamed catfish, ponzu, spring onion	Harissa roasted cauliflower, freekeh, hummus	Charred Halloumi burger	Carrot cake
Thurs	Chilli beef, steamed rice, tortilla	Baked salmon, dill, lemon	Quinoa, edamame, roasted vegetables, sesame	Cheese & onion pasty	Doughnuts
Fri	Honey roasted hog loin, champ	Fried Fish, chips, rough cut Tartare sauce	Black bean roasted pepper Burrito, lime salsa	Broccoli & broad bean frittata	Banana, caramel, meringue, chocolate

## Informal Supper menu – week of 6 July

1	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Fujieda, sauteed greens	Pangasius, Bulgar salad	Roasted squash, chick pea, tahini & lemon sauce	Jacket potato, baked beans or tuna mayo	Assiette of desserts/puddings
Tues	Chicken enchilada, guacamole	Grilled fish, tomato, black olive, basil	Lentil kale salad, mustard vinaigrette	Dhal Makhani, paratha	Assiette of desserts/puddings
Wed	Grilled Gammon steak, parsley	Coconut & Spinach Fish Curry, Steamed Rice	Spinach & sweet potato dhal, whole grain rice	Charred Halloumi burger	Assiette of desserts/puddings
Thurs	Turkey stroganoff	Gremolata crumbed fish, dressed potato	Split pea & barley pilaf, roasted root vegetables	Cheese & onion pasty	Assiette of desserts/puddings
Fri	<b>Kitchen Special</b>	<b>Kitchen Special</b>	<b>Kitchen Special</b>	<b>Kitchen Special</b>	Assiette of desserts/puddings

## Informal Lunch menu – week of 13 July

2	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Charred pork ribeye, chimichurri	Roasted fish, pea, mint salad	Tempeh, vegetable soba, ginger soy dressing	Charred pepper & goats cheese Quiche, leaves	Churros, dulce de leche
Tues	Chicken Karahi, basmati rice	Sea bream, shaved fennel	Tofu, butter bean cassoulet	Quorn wrap, sweet chilli	Tiramisu
Wed	Spaghetti bolognaise, parmesan	Sesame Salmon, chilled noodle salad	Farro, roasted squash, sage	Pizza	Pineapple & lime sponge
Thurs	Gochujang roasted chicken, spring greens	Steamed fish, buckwheat, orange	Stuffed pepper, quinoa, black beans, spinach	Cheese and tomato omelette, mixed leaf	Preserved berry pavlova
Fri	Cumberland sausage, mash, peppercorn sauce	Fried Fish, chips, rough cut Tartare sauce	Thai green vegetable tofu curry, steamed rice	Gnocchi puttanesca	Banoffee

## Informal Supper menu – week of 13 July

2	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Chicken in black bean sauce, noodles	Dill & lemon roasted fish, potato salad	Bulgar wheat, chick pea pomegranate	Charred pepper & goats cheese Quiche, leaves	Assiette of desserts/puddings
Tues	Braised brisket, roasted peppers	Grilled Swordfish, watermelon, coriander, red chilli	Vegan Quorn sausage, braised cabbage, white bean	Quorn wrap, sweet chilli	Assiette of desserts/puddings
Wed	Escalope of pork, crème fraiche, lemon	Peri-peri roasted fish, pepper, cous-cous	Roasted vegetables with harissa & lentil crumble	Pizza	Assiette of desserts/puddings
Thurs	Sweet and sour chicken, rice	Roasted bream, black olive tapenade	Tofu & broccoli stir fry, brown rice, toasted seeds	Cheese and tomato omelette, mixed leaf	Assiette of desserts/puddings
Fri	<b>Kitchen Special</b>	<b>Kitchen Special</b>	<b>Kitchen Special</b>	<b>Kitchen Special</b>	Assiette of desserts/puddings

## Informal Lunch menu – week of 20 July

3	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Pork, chorizo, peppers, butterbean	Roasted fish, mixed bean salad, garden herbs	Chana Masala, saffron rice	Pesto penne, tomatoes, olives	Banana cake, caramel
Tues	Glazed brisket, blue cheese slaw	Grilled fish, romesco sauce	Manchurian broccoli & cauliflower, steamed rice	Vegetable bean stew patties, rice & pea's	Chocolate delice
Wed	Keralan Coconut Chicken, Basmati	Breaded plaice, lemon	Hot & sour Tofu, Vegetable rice	Polenta, roast veg, feta	Custard Tart
Thurs	Beef Lasagne, salad	Tuna, kombu	Vegetable mince keema, rice, mango chutney	Spinach, lentil & potato cake with chive sour cream	Lemon shortbread cheesecake
Fri	Lemon & cumin Chicken leg, chopped salad	Fried Fish, chips, rough cut Tartare sauce	Vegan burger, relish, salad	Mushroom & Potato Frittata, salad	Choux buns

## Informal Supper menu – week of 20 July

3	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Turkey Burger, gem lettuce, beef tomato, spiced relish	Haddock & mozzarella fishcake, tartare sauce	Vegetable protein, sweet potato	Pesto penne, tomatoes, olives	Assiette of desserts/puddings
Tues	Chicken breast, asparagus velouté	Soy glazed catfish, rice noodle salad	Grilled Tempeh, tomato & olive pasta	Vegetable bean stew patties, rice & pea's	Assiette of desserts/puddings
Wed	Beef burrito, salsa	Pan-fried fish, salsa Verde	Aubergine, pulses, bulgar wheat	Polenta, roast veg, feta	Assiette of desserts/puddings
Thurs	Maple & Chilli Sausage, sweet potato	Steamed Coley, mustard & dill sauce	Vegetable protein chilli, rice, guacamole	Spinach, lentil & potato cake with chive sour cream	Assiette of desserts/puddings
Fri	<b>Kitchen Special</b>	<b>Kitchen Special</b>	<b>Kitchen Special</b>	<b>Kitchen Special</b>	Assiette of desserts/puddings

## Informal Lunch menu – week of 27 July

4	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Chicken tagine, cous-cous	Baked fish, pesto and olive crumb	Salt & Pepper Tofu, Noodles	Omelette, roasted vegetables	Flapjack, dried fruits,
Tues	Cottage pie, vegetable mash	Salmon, beetroot and lentil salad	Arancini, black olive, sundried tomato, basil	Matar Paneer, flat bread	Bakewell Tart
Wed	Turkey, piquant sauce	Kedgerree, curry sauce	Black bean, sweet potato chilli	Panini, mozzarella, roquet, pesto	Millionaires' shortbread
Thurs	Braised Chicken thigh, tomato, mozzarella, oregano	Steamed fish, prawn and parsley sauce	Tofu, lentil, aubergine	Leek & stilton quiche	Raspberry doughnuts
Fri	Pork with charred peppers,	Fried Fish, chips, rough cut Tartare sauce	Jackfruit, banana leaf masala	Vegetable chow Mein, fermented chilli	Chocolate brownie

## Informal Supper menu – week of 27 July

4	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Gloucester Hot pot	Peri peri spiced fish, macho peas	Plant chicken & mushroom stroganoff	Omelette, roasted vegetables	Assiette of desserts/puddings
Tues	Chicken piccata, pasta	Seared fish, potato salad, dill	Tagine of vegetables & pulses	Matar Paneer, flat bread	Assiette of desserts/puddings
Wed	Beef Burger, mature cheddar, pickles'	Fish cakes, mozzarella, Tartare sauce	Thai red curry.	Leek & stilton quiche	Assiette of desserts/puddings
Thurs	Spaghetti Bolognaise	Sea bream, quick fried vegetables	Spaghetti Bolognaise (vegan)	Vegetable chow Mein, fermented chilli	Assiette of desserts/puddings
Fri	<b>Kitchen Special</b>	<b>Kitchen Special</b>	<b>Kitchen Special</b>	<b>Kitchen Special</b>	Assiette of desserts/puddings

## Informal Lunch menu – week of 3 August

1	Meat	Fish	Vegan	Kitchen specials	Dessert
Mon	Chicken Kabsa, yoghurt dressing	Grilled fish, sauce vingaurde	Grilled Tofu, lentil, charred greens	Jacket potato, baked beans or tuna mayo	Decadent cream roll
Tues	Beef chow mein	Seabass, pasta salad, garden herbs	Chick pea & Aubergine Tagine, Cous-cous	Dhal Makhani, paratha	Panna cotta mixed berries
Wed	Chicken Milanese, mixed leaf	Steamed catfish, ponzu, spring onion	Harissa roasted cauliflower, freekeh, hummus	Charred Halloumi burger	Carrot cake
Thurs	Chilli beef, steamed rice, tortilla	Baked salmon, dill, lemon	Quinoa, edamame, roasted vegetables, sesame	Cheese & onion pasty	Doughnuts
Fri	Honey roasted hog loin, champ	Fried Fish, chips, rough cut Tartare sauce	Black bean roasted pepper Burrito, lime salsa	Broccoli & broad bean frittata	Banana, caramel, meringue, chocolate

## Informal Supper menu – week of 3 August

1	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Fujieda, sauteed greens	Pangasius, Bulgar salad	Roasted squash, chick pea, tahini & lemon sauce	Jacket potato, baked beans or tuna mayo	Assiette of desserts/puddings
Tues	Chicken enchilada, guacamole	Grilled fish, tomato, black olive, basil	Lentil kale salad, mustard vinaigrette	Dhal Makhani, paratha	Assiette of desserts/puddings
Wed	Grilled Gammon steak, parsley	Coconut & Spinach Fish Curry, Steamed Rice	Spinach & sweet potato dhal, whole grain rice	Charred Halloumi burger	Assiette of desserts/puddings
Thurs	Turkey stroganoff	Gremolata crumbed fish, dressed potato	Split pea & barley pilaf, roasted root vegetables	Cheese & onion pasty	Assiette of desserts/puddings
Fri	<b>Kitchen Special</b>	<b>Kitchen Special</b>	<b>Kitchen Special</b>	<b>Kitchen Special</b>	Assiette of desserts/puddings

## Informal Lunch menu – week of 10 August

2	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Charred pork ribeye, chimichurri	Roasted fish, pea, mint salad	Tempeh, vegetable soba, ginger soy dressing	Charred pepper & goats cheese Quiche, leaves	Churros, dulce de leche
Tues	Chicken Karahi, basmati rice	Sea bream, shaved fennel	Tofu, butter bean cassoulet	Quorn wrap, sweet chilli	Tiramisu
Wed	Spaghetti bolognese, parmesan	Sesame Salmon, chilled noodle salad	Farro, roasted squash, sage	Pizza	Pineapple & lime sponge
Thurs	Gochujang roasted chicken, spring greens	Steamed fish, buckwheat, orange	Stuffed pepper, quinoa, black beans, spinach	Cheese and tomato omelette, mixed leaf	Preserved berry pavlova
Fri	Cumberland sausage, mash, peppercorn sauce	Fried Fish, chips, rough cut Tartare sauce	Thai green vegetable tofu curry, steamed rice	Gnocchi puttanesca	Banoffee

## Informal Supper menu – week of 10 August

2	Meat	Fish	Vegan	Kitchen Specials	Dessert
Mon	Chicken in black bean sauce, noodles	Dill & lemon roasted fish, potato salad	Bulgar wheat, chick pea pomegranate	Charred pepper & goats cheese Quiche, leaves	Assiette of desserts/puddings
Tues	Braised brisket, roasted peppers	Grilled Swordfish, watermelon, coriander, red chilli	Vegan Quorn sausage, braised cabbage, white bean	Quorn wrap, sweet chilli	Assiette of desserts/puddings
Wed	Escalope of pork, crème fraiche, lemon	Peri-peri roasted fish, pepper, cous-cous	Roasted vegetables with harissa & lentil crumble	Pizza	Assiette of desserts/puddings
Thurs	Sweet and sour chicken, rice	Roasted bream, black olive tapenade	Tofu & broccoli stir fry, brown rice, toasted seeds	Cheese and tomato omelette, mixed leaf	Assiette of desserts/puddings
Fri	<b>Kitchen Special</b>	<b>Kitchen Special</b>	<b>Kitchen Special</b>	<b>Kitchen Special</b>	Assiette of desserts/puddings