

WEEK 1 MENU *Spring*

05.01.26, 26.01.26, 23.02.26, 16.03.26



	MON	TUES	WED	THUR	FRI
Chef's Seasonal Soup	Tomato with Fresh Basil (Ce)	Yellow Split Pea (G)	Cream of Mushroom (G,Mk)	Chinese Miso Noodle (G,E,So)	Chef's Seasonal Soup Kitchen
Daily Dough	Herb Focaccia (G)	Herb Focaccia (G)	Chef's Speciality Guest Bread	Herb Focaccia (G)	Herb Focaccia (G)
Mighty Mains	Stir Fry Vegetable Chow Mein (G,E,So)	Sri Lankan Coconut Chicken Curry (G)	Slow Roasted Shoulder of Pork with Sage & Onion Stuffing and Gravy (G)	Mexican Turkey Chilli Chimichangas with Lettuce, Salsa and Sour Cream (G, Mk)	Baked Fish (G, F) with Chunky Tartare Sauce (E) and Lemon Wedges
Super Veggie Mains	Mushroom and Spinach Lasagne (G,Mk) 	Chickpea, Courgette and Quorn Curry (E) 	Roasted Butternut Squash, Chickpea, Spinach and Parmesan "Squashage Roll" (E,G,Mk,Ce,Mu,Se)	Cauliflower Cheese, Spring Onion & Leek Pastry Puff (G,Mk,E) 	Spanish Baked Potato, Spinach, Pepper & Spring Onion Tortilla (E,Mk)
Plant Power Mains (Vegan)	Aubergine and Chickpea Tagine	Chargrilled Herb Polenta Topped with Tomato, Olives and Basil (G)	Vegan Korean Tofu & Mushroom Sriracha Stir-Fry with Sticky Rice (G, So, Mu)	Vegan Courgette, Pepper, Onion & Cheese Quesadilla (G) 	Ratatouille Aubergine Pasta Bake with Fresh Basil (G)
Garden Goodness Sides	Roasted Corn on the Cob Cauliflower	Steamed Green Beans Parsley Carrots	Sauteed Curly Kale  Honey and Thyme Roasted Roots	Courgettes with Oregano Roasted Broccoli	Garden Peas Baked Beans
Energy Boosters	Focaccia Garlic Bread (G)	Turmeric Rice	Skin on Roasties	Naked Slaw	Chunky Chips New Potatoes 
Pudding	GF Banana and Cinnamon Traybake (E)	White Chocolate Flapjacks (G, Mk, So)	Pear & Fruits of the Forest Traybake (G, E, Mk)	Baked Syrup Sponge (G, E, Mk) with Custard (Mk)	Apple and Blueberry Pie (G,E)

Allergen Information

Ce = Celery
Cr = Crustacean
E = Eggs
F = Fish

G = Cereals containing Gluten
L = Lupin
Mk = Milk
Mo = Molluscs

Mu = Mustard
N = Nuts
P = Peanuts
Se = Sesame Seeds

So = Soya
Su = Sulphur Dioxide



Find Sophie's Star to enjoy the dish specially chosen by our nutritionist!



Look for this logo on the menu to try a yummy seasonal special!

WEEK 2 MENU *Spring*



12.01.26, 02.02.26, 02.03.26, 23.03.26

	MON	TUES	WED	THUR	FRI
Chef's Seasonal Soup	Spiced Apple and Parsnip 	Indian Spiced Lentil (G)	Potato and Watercress	Carrot, Butterbean & Rosemary	Chef's Seasonal Soup Kitchen
Daily Dough	Seeded Bloomer (G)	Seeded Bloomer (G)	Chefs Speciality Guest Bread	Seeded Bloomer (G)	Seeded Bloomer (G)
Mighty Mains	Pesto and Mozzarella Baked Gnocchi (G)	Shepherd's Pie with Sweet Potato and Cheesy Mash Topping (Mk)	Turkey Lasagna (G,Mk,Ce)	Crispy Chicken Katsu (G,E,So)	Baked Fish (G, F) with Chunky Tartare Sauce (E) and Lemon Wedges
Super Veggie Mains	Chilli con Veggie	Celeriac, Onion and Coriander Bhaji (G, Ce) with Tarka Dahl (G) and Steamed Rice	Aubergine and Mozzarella Parmigiana (G, Mk, Mu, Su)	Katsu Sweet Potato with Curry Sauce (E, So, G)	Pizza Margherita (G, Mk)
Plant Power Mains (Vegan)	Crispy Tofu, Mee Goreng with Pak Choi, Pepper, Broccoli and Spring Onions (G, So, Se, Ce, Mu) 	Plant Based Eat Curious Mince and Vegetable Cottage Pie Sweet Potato Mash 	Beetroot Risotto (E,Mk) 	Macaroni and Leek Cheese Topped with Crispy Onions, Herbs and Vegan Cheddar (G, So) 	Butternut Squash, Pepper Stew with Cardamon and Coconut Milk (G,So,Su) with Steamed Rice
Garden Goodness Sides	Cajun Seasoned Corn Asian Slaw with Chilli and Lime (Se)	Steamed Cauliflower Stir Fried Courgette	Green Beans Roasted Carrots & Parsnips 	Sweetcorn and Roasted Peppers Steamed Broccoli	Garden Peas Baked Beans
Energy Boosters	Pilaf Rice	Paprika Parmentier Potatoes	Skin on Roasties	Jasmine Rice	Skin on Chips New Potatoes 
Pudding	GF Double Chocolate (E, Mk, So)	Victoria Sponge (G, E, Mk)	Lemon Drizzle Cake (G, E)	Baked New York Cheesecake with Fruits of the Forest (G,E,Mk)	Sticky Pear & Ginger Cake (G,Mk,E)

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WEEK 3 MENU *Spring*

19.01.26, 09.02.26, 09.03.26



	MON	TUES	WED	THUR	FRI
Chef's Seasonal Soup	Sweet Potato	Roasted Pepper and Cannellini Bean	Leek and Chive 	Chunky Country Vegetable	Chef's Seasonal Soup Kitchen
Daily Dough	Herb Focaccia (G)	Herb Focaccia (G)	Chef's Speciality Guest Bread	Herb Focaccia (G)	Herb Focaccia (G)
Mighty Mains	Puy Lentil, Red Pepper Cannelloni with Tomato and Fresh Basil Sauce (E,G,Mu,So) 	Lebanese Lamb with Minted Cucumber Yogurt and Yogurt Flatbread (G,Mk)	Chicken Tikka Masala (Mu)	Braised Pork Stroganoff with Mushrooms, Paprika and Gherkins (Mk,G)	Baked Fish (G,F) with Tartare Sauce (E) and Lemon Wedges
Super Veggie Mains	Sweet and Sour Tofu with Special Fried Rice (G, So)	Moroccan Courgette, Chickpea Patties with Baba Ghanoush and Flatbread (G,E) 	Vegetables Tikka Masala (Mu) 	Mushroom and Leek Stroganoff (Mk,G) 	Buttermilk Chicken Burger (G,E,Mk,So)
Plant Power Mains (Vegan)	VEGAN Vegetables Goulash	Pearl Barley, Butternut Squash Fresh Sage Risotto (G)	Southern Indian Vegetable Curry with Green Chilli & Spring Onions (G, u) Onion Bhaji (G)	Roasted Vegetable Quiche (G,E,Mk)	VEGAN Lentil Burger (G) 
Garden Goodness Sides	Roasted Cauliflower Sweetcorn	Chef's Garden Salad Green Beans	Steamed Curly Kale & Cabbage  Coriander Rice	Roasted Courgette Herby Couscous (G,Mu,So)	Garden Peas Baked Beans
Energy Boosters	Steamed Rice	Lebanese Rice with Lentils (G,Mk,Su,So)	Bombay Potatoes	Spring Onion Mash (Mk)	Chunky chips New Potatoes 
Pudding	GF Apple and Sultana Flapjack (Su)	Carrot Cake with Cream Cheese Frosting (G,E,Mk)	Raspberry Jam and Coconut Sponge (E,G,Su) with Custard (Mk)	Chocolate Brownie (G,E,Mk)	Sticky Toffee Pudding with Toffee Sauce (Mk,G,E,Su)

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