

# 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

Steamed Green Beans

Sauteed Curly Kale



Courgettes with Oregano

Garden Peas

Cauliflower

Parsley Carrots

Honey and Thyme  
Roasted Roots

Roasted Broccoli

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

Steamed Cauliflower

Green Beans

Sweetcorn and Roasted Peppers

Garden Peas

Asian Slaw with Chilli and Lime (Se)

Stir Fried Courgette

Roasted Carrots & Parsnips



Steamed Broccoli

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

Chef's Garden Salad

Steamed Curly Kale & Cabbage

Roasted Courgette

Garden Peas

Sweetcorn

Green Beans

Coriander Rice

Herby Couscous (G,Mu,So)

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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