

WEEK 1 MENU Summer

20.04.2026, 11.05.2026, 08.06.2026, 29.06.2026



	MON	TUES	WED	THUR	FRI
Chef's Seasonal Soup	Garden Pea & Fresh Mint (Mk)	Sweet Potato, Coconut & Ginger	Potato & Leek (Mk)	Tomato & Basil (Ce)	Carrot & Coriander
Daily Dough	Accent Focaccia (G)	Accent Focaccia (G)	Accent Focaccia (G)	Accent Focaccia (G)	Accent Focaccia (G)
Mighty Mains	Pizza Margherita (G,Mk,Ce) ★ Pizza Marinara (Ce)	Turkey Lasagne with a Cheesy Crust (G,Ce,E,Mk)	Korean BBQ Chicken with Gochujang Mayo (G,E,Se,So,Cr,F,Mk,Mo,Mu)	<u>Pasta Kitchen:</u> <u>Choose Your Pasta & Add Your Favourite Sauce</u> Creamy Chicken & Bacon (G,Mk)	Battered Fish with Chunky Tartare Sauce & Lemon Wedges (G,E,F)
Super Veggie Mains	Sweet Potato, Spinach & Coconut Curry	★ Spinach, Mushrooms & Ricotta Lasagne (G,E,Mk)	★ Korean Sauteed Vegetables (So)	Vegetable Arrabbiata (Ce) Classic Tomato & Basil Sauce (Ce)	★ Spanish Tortilla (E,Mk)
Plant Power Mains (Vegan)	Lentil Moussaka with Vegan Cheese (Ce,So)	Vegetable Spring Rolls with Sweet & Sour Sauce (G,So)	Brazilian Butternut & Black Bean Stew (G,So)	Baked Gnocchi with Mozzarella Parmesan & Pesto (G,E,Mk)	Plant Rich Protein & Black Bean Enchilada with Vegan Sriracha Mayo (G,Su,So)
Garden Goodness Sides	Sweetcorn Steamed Cauliflower	Roasted Carrots Corn on the Cob	Roasted Beetroot Ginger Bok Choi	Roasted Broccoli Steamed Green Beans	Garden Peas Baked Beans
Energy Boosters	Pilaf Rice	Garlic Focaccia Bread (G)	Sticky Rice	Steamed Pasta (G) GF Steamed Pasta	Skin on Chips
Pudding	(VE) GF Plant Based Chocolate Brownie (So)	Victoria Sponge (G,E,Mk)	White Chocolate Chip Flapjack (G,Mk,So)	Baked New York Cheesecake (G,E,Mk)	Summer Berry Eton Mess (Mk,E)

*Allergens displayed on this menu are subject to change at any time, please check with us on the day for the most up to date allergens in your food.

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 Summer

27.04.2026, 18.05.2026, 15.06.2026



	MON	TUES	WED	THUR	FRI
Chef's Seasonal Soup	Potato, Chive & Watercress	Tuscan Spring Vegetable & Bean Minestrone (Ce,G)	Cream of Broccoli (Mk)	Tomato & Roasted Pepper	Cream of Mushrooms (Mk)
Daily Dough	Accent Focaccia (G)	Accent Focaccia (G)	Accent Focaccia (G)	Accent Focaccia (G)	Accent Focaccia (G)
Mighty Mains	Stir Fry Vegetables Chow Mein (G,E,So)	Italian Herby Turkey Meatballs in a Rich Tomato & Basil Sauce (Ce) 	Mild BBQ Jerk Chicken	Mexican Chilli Con Turkey Smashed Avocado, Sour Cream, Salsa and Tortilla Chips (Mk,G,So)	Crispy Chicken Burger (G,E,Mk,So)
Super Veggie Mains	Macaroni Cheese with Leeks Topped with Crispy Onions, Herbs and Cheddar (G,Mk,E,Mu)	Veggie Loaded NON-Meatballs (Ce)	Mozzarella Topped Courgette & Aubergine Parmigiana (G,E,Mk,Su)	Indonesian Butternut & Chickpea Coconut Curry with Ginger & Basil (G) 	Homemade Veggie Bean Burger (G,E) 
Plant Power Mains (Vegan)	Spring Vegetable Risotto (Ce)	Green Summer Vegetable Risotto with Borlotti Beans 	Jerked BBQ Jack Fruit	Plant Powered 5 Beans Chilli 	Grilled Cauliflower Steak with Chimichurri Sauce (G,Su) 
Garden Goodness Sides	Sweetcorn Roasted Cauliflower	Steamed Broccoli Roasted Leeks	Sautéed Seasonal Greens Corn on the Cob	Smokey Lime-Sweet Potato Green Beans	Garden Peas Baked Beans
Energy Boosters	Egg Noodles (G,E,So)	Steamed Spaghetti (G) GF Steamed Pasta	Coconut Rice & Peas	Steamed Rice	Skin on Chips
Pudding	GF Vegan Lemon Drizzle	Carrot Cake with Cream Cheese Frosting (G,E,Mk)	Banana & Cinnamon Cake (E,G)	Chocolate Cake with Chocolate Orange Frosting (G,E,Mk,So)	Apple Crumble with Custard (G,Mk)

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WEEK 3 MENU Summer

04.05.2026, 01.06.2026, 22.06.2026



	MON	TUES	WED	THUR	FRI
Chef's Seasonal Soup	Tomato & Basil (Ce)	French Onion Soup	Spiced Lentil	Sweet Potato	BYO Miso (G,E,So)
Daily Dough	Accent Focaccia (G)	Accent Focaccia (G)	Accent Focaccia (G)	Accent Focaccia (G)	Accent Focaccia (G)
Mighty Mains	Vegetable Pastitsio (G,Mk,E,Ce)	Grilled Butchers Pork Cumberland Sausages (G, Su) with Onion Gravy	<u>Pasta Kitchen: Choose Your Pasta & Add Your Favourite Sauce</u> Turkey Bolognaise with Basil & Parmesan (E,Mk,Ce)	Moroccan Chicken Tagine with Aubergine & Apricots (G)	Oven Baked Fish with Chunky Tartare Sauce and Lemon Wedges (G,E,F)
Super Veggie Mains	Spinach & Feta Cheese Spanakopita Filo Pie (E,Mk,G)	Tomato & Garlic Sausages (G,Su)	Mushroom & Leek Carbonara (G,Mk,E)	Traditional Falafels (G)	Potato, Leek & Cheddar Pie (G,E,Mk)
Plant Power Mains (Vegan)	Greek Style Butterbeans in Tomato Sauce with Pitta Bread (G)	Authentic Vegetables Paella (Ce)	Vegetable Tikka Masala	(VE) Minty Courgette & Aubergine Tagine with Chickpeas, Coriander and Cumin	Vegetable Pad Thai (So)
Garden Goodness Sides	Roasted Vegetables (G) Steamed Cauliflower	Parsley Powered Carrots Skin on Roasted Butternut Squash with Sage	Garlic Green Beans Grilled Tomatoes with Oregano	Roasted Sweet Potatoes Grilled Lemon Courgettes	Minted Garden Peas Baked Beans
Energy Boosters	Crushed New Potatoes	Spring Onion Mash	Steamed Rice	Lemon & Mint Scented Couscous (G,So,Mu)	Oven Baked Chips
Pudding	GF White Chocolate & Raspberry Traybake (E,Mk,So)	Sticky Toffee Pudding with Toffee Sauce (G,E,Mk)	Rocky Roads (G,Mk,So)	Chocolate Marble Cake (G,E,Mk)	Red Velvet Cake (G,E,Mk)

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