

	Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th	Saturday 10th	Sunday 11th
Hot Lunch 1200-1400							
	Mexican Kitchen	Ruby Tuesday	Stack it High	Giovedi Italiano	Great British Eat Off		Sunday Carvery
Main Course Meat or Fish	Barbacoa pulled chicken with red rice, black beans, house salad guacamole, salsa and tacos or tortillas	Chicken Rogan josh, basmati rice, Kachumba, salad, poppadum, cucumber raita and mango chutney	Char grilled 6oz beef burger, dirty fries (beef chilli), beef tomato, iceberg lettuce, spicy slaw and brioche roll	Penne con Salsicce e Porcini (Penne with Italian Sausage, tomato, Rosemary and Porcini Mushrooms sauce), roasted pumpkin and Cos leaf salad with toasted seeds and garlic dough balls	Battered Pollock, skin on fries, mushy peas, tartare sauce and lemon wedge	Call order menu 12.00-14.00	Roast pork shoulder, roast potatoes, braised red cabbage, broccoli and gravy
Main Course Vegetarian	Mexican veggies, red rice, black beans, house salad guacamole, salsa and tacos or tortillas	Sweet potato Rogan josh, basmati rice, Kachumba, salad, poppadum, cucumber raita and mango chutney	Sweet potato and quinoa burger, dirty fries (veggie chilli), beef tomato, iceberg lettuce, spicy slaw and brioche roll	Melanzane parmigiana, roasted pumpkin and Cos leaf salad with toasted seeds and garlic dough balls	Roasted sweet potato and mozzarella pasties, skin on fries and mushy peas	Call order menu 18.00-20.00	Cheddar mac and cheese, Red chicory and garden salad
Soup Station							
Vegan Soup	Broccoli and stilton	Sweet potato	Chicken and mushroom	Tomato and chilli	Beef and winter vegetable	Vegetable minestrone	Split pea and mint
Build your own Tomato Cucumber Sweetcorn	House salad	Kachumba salad	Cumin & lime potato salad	Roasted pumpkin and Cos leaf salad with toasted seeds	Pasta roasted Mediterranean vegetables with salsa dressing	Chicken and mushroom pie, steamed potatoes, carrots and peas	Ruby slaw, steeped cranberries
	Ruby sweet pickled slaw	Butterbean and pesto roasted vegetables	Couscous, mint and steeped apricots	Sumac roasted chickpeas and sweet peppers	Carabine carrot salad	Creamy vegetable pie, steamed potatoes, carrots and peas	Barley
	Cos leaf	Seasonal leaves	Gem leaves and chicory	Rocket leaf and parmesan salad	Green Salad		Seasonal leaf
Meat Protein	BBQ Chicken Skewers	Roast Turkey	Pastrami	Honey Roast Ham	Quiche Lorraine		Sweet chili chicken skewers
Fish Protein	Peppered mackerel, Chicory & Caper Salad	Pesto Salmon	Tuna, cucumber and sweetcorn salad	Smoked salmon and lemon	Smoked mackerel, fennel & spring onion salad		Tuna mayonnaise Nicoise
“Please speak to one of our Allergy Champions who are trained to provide advice on the ingredients in our food and the steps we have taken to avoid cross-contamination.”							