

“Dishes created for a well balanced diet”.



Breakfast Menu

Fruits

Fresh fruit Juices
Orange, apple, grapefruit, pineapple and cranberry
Freshly cut fruit platter
Poached prunes in syrup
Half a pink grapefruit

Smoothies

Yoghurt, banana and honey
Raspberry and cranberry

Cereals

Selection of breakfast cereals Kellogg's cornflakes, fruit and fibre, luxury muesli, bran flakes, rice krispies and weetabix

Porridge

Porridge with honey, brown sugar or fruits of the forest

Yoghurt

Greek yoghurt with fresh fruits
Peach vanilla yoghurt

Pancakes

Pancakes with maple syrup and sliced banana

Traditional breakfast

Grilled bacon, sausage, mushrooms, tomato and baked beans with your choice of poached, fried or scrambled eggs

Toasted English muffin

Smoked salmon and scrambled egg
Baked mushrooms and tomatoes

Freshly baked croissant and toasted breads

Served with assorted preserves, honey or marmite

We understand that food allergies can present a serious concern for some of our customers. If you would like information on the allergen content of our foods, please speak to a member of staff who will be happy to assist.

“Dishes created for a well balanced diet”.



Lighter Option Menu

Please select two choices from this menu

Soup of the day

A wholesome freshly made soup served with rustic bread

Deli

Choose from sliced farmhouse bread, freshly baked ciabatta or a floured tortilla wrap

Free range egg mayonnaise and cress

Gammon, rocket and Dijon mustard

Chicken, spinach and bacon

Cheddar cheese and pickle

Tuna mayonnaise and cucumber

Bacon, brie and cranberry

Lighter option deli platter

Choose from either half a sandwich, ciabatta or wrap served with a selection of cut fruit and a small bowl of salad

Salads

Caesar

Cos lettuce topped with shaved parmesan, smoked mackerel or chicken baked croutons and a light parmesan dressing

Greek

Mixed leaves, fresh tomatoes, feta cheese, boiled egg, olives and red onion

Super salad

Salad of mixed leaves, sweet potato, sundried tomatoes, mixed grains, mozzarella and a sweet basil dressing

Grilled lemon and thyme chicken

Grilled lemon chicken pieces served with mixed salad and a lemon mayonnaise

Hake goujons

Crispy coated strips of hake with watercress and a tomato and dill salsa

Omelette

Served with a mixed salad and a choice of roasted vegetables, cheddar cheese, ham, tomatoes or mushrooms

Toasted bread or English muffin

Poached or scrambled eggs, grilled mushrooms, baked beans

Filled jacket potato

Served with mixed salad and a choice of cheese, beans or tuna

Desserts

Fruit Jelly

Honey and granola Greek yoghurt

Mixed flavoured icecream

We understand that food allergies can present a serious concern for some of our customers. If you would like information on the allergen content of our foods, please speak to a member of staff who will be happy to assist.

“Dishes created for a well balanced diet”.



Vegetarian Menu

Mediterranean vegetable and lentil lasagne with garlic bread

Roasted vegetables and pasta in a rich tomato sauce topped with cheese sauce

*(Courgettes are one of the lowest calorie vegetables
and a good source of folates)*

Cheese and potato pie

Sliced potato and leeks in a Cheddar cheese sauce
topped with golden short crust pastry

(Cheddar Cheese is rich in calcium and a source of protein)

Vegetable Dhansak

Slowly cooked red lentils and vegetables in a mild curry sauce,
served with rice and naan bread

*(Cauliflower is a very good source of vitamin C and manganese,
which are both powerful antioxidants)*

Spaghetti primavera

Al dente spaghetti with a white wine sauce, fresh broccoli, courgettes and peas

*(Peas are an excellent source of thiamin which is also known as Vitamin B1;
thiamin is needed for healthy muscle and nerve function)*

Thai stir fried vegetables and noodles

Wok fried peppers, mushrooms and courgettes
wrapped in egg noodles and coriander

*(Courgettes are one of the lowest calorie vegetables
and a good source of folates)*

Available with seasonal vegetables, potatoes, pasta or rice

Dessert

Lemon posset

Fresh fruit trifle

Honey and granola Greek yoghurt

Assorted ice creams

Freshly cut fruit platter

Cheese and biscuit selection with grapes and celery

**We understand that food allergies can present a serious concern for some of our customers.
If you would like information on the allergen content of our foods, please speak to a member of staff who will
be happy to assist.**

“Dishes created for a well balanced diet”.



Non Gluten Menu

Chicken and borlotti bean casserole

Oven baked chicken breast served on a rich tomato, vegetable bean casserole

(Borlotti beans are a great source of Iron, vital for energy production and a healthy immune system)

Beef and vegetable pie

Lean British beef and vegetables in a rich onion gravy topped with short crust pastry

(Lean beef contains iron which helps improve anaemia)

Sticky pork and peppers with sweet potato wedges

Caramelised pork steak served on sauté mixed peppers

(Sweet potatoes contain a valuable amount of dietary fibre, just over 3 grams per medium sweet potato)

Baked salmon with oriental vegetables

Oven baked salmon on a rice noodle salad flavoured with lemongrass and chilli

(Oily fish are rich in omega-3 fatty acids which help to reduce the risk of heart disease, they are also a great source of vitamin D)

Roasted vegetable and feta salad (V)

Mixed leaf salad topped with roasted vegetables and feta cheese

(Courgettes are one of the lowest calorie vegetables and a good source of folates)

Available with seasonal vegetables, potatoes, pasta or rice

Desserts

Vanilla sponge pudding with custard

Bakewell tart

Greek Yoghurt

Fruit jelly

Freshly cut fruit platter

Cheese and biscuit selection with grapes and celery

We understand that food allergies can present a serious concern for some of our customers. If you would like information on the allergen content of our foods, please speak to a member of staff who will be happy to assist.

“Dishes created for a well balanced diet”.



Monday

Crusted cod loin with butternut squash puree and chorizo

Herb crusted oven baked cod loin with butternut squash puree and pan fried chorizo
(White fish are low in fat and a good alternative to red or processed meats)

Grilled chicken with courgette and lemon couscous

Grilled chicken thighs with roasted courgette & lemon couscous
(Chicken is low in fat and a great source of protein)

Cumberland sausage with bubble and squeak

Oven baked Cumberland sausages served with bubble and squeak, white onion marmalade and gravy
(Onions contain chromium, which assists in regulating blood sugar)

Chilli con carne

Slow cooked beef with chilli and kidney beans in a rich tomato sauce, served with rice, sour cream and tortilla chips
(Lean beef contains iron which helps improve anaemia)

Brie, cherry tomato and basil tart

Brie, cherry tomato and basil in crisp puff pastry with rocket pesto
(Tomatoes is a good source of vitamin C, copper, potassium)

Poached egg nicoise salad

Crisp salad with green beans, olives, new potatoes and tomato topped with a poached egg
(Eggs are a great source of protein, selenium and vitamin D)

Available with seasonal vegetables, potatoes, pasta or rice

Desserts

Bread & butter pudding with custard
Panacotta with fruit compote
Honey and granola Greek yoghurt
Assorted ice creams
Freshly cut fruit platter
Cheese and biscuit selection with grapes and celery

We understand that food allergies can present a serious concern for some of our customers. If you would like information on the allergen content of our foods, please speak to a member of staff who will be happy to assist.

“Dishes created for a well balanced diet”.



Tuesday

Pan fried hake with garlic and rocket risotto

Garlic and rocket risotto topped with pan fried hake
(White fish are low in fat and a good alternative to red or processed meats)

Grilled turkey escalope with creamed mushrooms

Grilled turkey escalope topped with a light mushroom sauce,
(Turkey is low in fat and high in protein and is a source of zinc, potassium)

Minced beef and onion pie

Minced beef and onions in a rich gravy topped with short crust pastry
(Lean beef contains iron which helps improve anaemia)

Cambodian prawn cakes with lime dipping sauce

Prawn and spring onion cakes with a zesty lime dipping sauce
(Prawns are good source omega 3 fatty acids and also contain vitamin B12, zinc, iodine,)

Cauliflower and chickpea tagine with harrisa and lemon

Aromatic slow cooked chickpeas with cauliflower, spicy harrisa and lemon
(Chickpeas are a great source of dietary fibre, manganese, and folate)

Grilled vegetable skewer with herb dressing

Chargrilled peppers, mushroom, onions and courgette skewers with a herb dressing
(Mushrooms are an excellent source of potassium)

Available with seasonal vegetables, potatoes, pasta or rice

Desserts

Date, rhubarb and banana crumble with custard
Cinnamon and chilli poached pear, vanilla ice cream
Honey and granola Greek yoghurt
Assorted ice creams
Freshly cut fruit platter
Cheese and biscuit selection with grapes and celery

We understand that food allergies can present a serious concern for some of our customers. If you would like information on the allergen content of our foods, please speak to a member of staff who will be happy to assist.

“Dishes created for a well balanced diet”.



Wednesday

Poached fillet of plaice with spinach

Poached plaice with wilted spinach and a light lemon dressing
(White fish are low in fat and a good alternative to red or processed meats)

Roast of the day

Traditional roast served with vegetables, potatoes and gravy

Beef bourguignon

Slow cooked beef in red wine with mushrooms and shallots
(Lean beef contains iron which helps improve anaemia)

Arabic lamb biryani

Baked spiced lamb with chilli, rice and cool mint riata
(Lamb contains B vitamins, niacin, zinc, and iron)

Chermoula aubergines

Oven roasted aubergines spiced with chermoula dressing, served with bulgar wheat salad and a yoghurt dressing
(Aubergines are a good source dietary fibre, vitamin B1)

Scotch egg

Homemade Scotch egg served with crisp salad
(Pork is a good source of thiamine, niacin, riboflavin, vitamin B)

Available with seasonal vegetables, potatoes, pasta or rice

Desserts

Steamed prune pudding with toffee sauce
White chocolate crème brulee
Honey and granola Greek yoghurt
Assorted ice creams
Freshly cut fruit platter
Cheese and biscuit selection with grapes and celery

We understand that food allergies can present a serious concern for some of our customers. If you would like information on the allergen content of our foods, please speak to a member of staff who will be happy to assist.

“Dishes created for a well balanced diet”.



Thursday

Grilled teriyaki salmon fillet

Salmon fillet grilled with a teriyaki sauce

(Salmon is a good source of potassium, selenium & vitamin B12, omega 3)

Lamb hotpot

Classic lamb hot pot with black pudding and mustard

(Lamb is a good source of vitamin B12, niacin, zinc and selenium)

Thai chicken stir fried vegetables

Thai spiced chicken with stir fried vegetables and egg noodles

(Chicken is a great source of protein, low in fat and contains vitamin B6)

Bazella (Lebanese beef stew)

Slow cooked pieces of beef with cinnamon, peas and broad beans

(Beef is a good source vitamin B12, niacin, zinc and selenium)

Tomato and mozzarella tart with rocket salad

Crisp puff pastry filled with tomato and mozzarella

and served with a peppery rocket salad

(Tomatoes are a good source of vitamin C, copper, potassium)

Broad bean, pea and mint risotto

A light and fresh pea, mint and broad bean risotto

(Peas are a good source Vitamin K, dietary fibre, vitamin B6 and folate)

Available with seasonal vegetables, potatoes, pasta or rice

Desserts

Toffee apple crumble tart

Classic fruit trifle

Honey and granola Greek yoghurt

Assorted ice creams

Freshly cut fruit platter

Cheese and biscuit selection with grapes and celery

We understand that food allergies can present a serious concern for some of our customers. If you would like information on the allergen content of our foods, please speak to a member of staff who will be happy to assist.

“Dishes created for a well balanced diet”.



Friday

Battered cod

Cod coated in a light herb batter with hand cut chips and mushy peas
(White fish are low in fat and a good alternative to red or processed meats)

Char grilled chicken with pickled spring vegetables

Chargrilled chicken breast served with pickled vegetables
(Chicken is low in fat and a great source of protein, Sage is a very good source of Vitamin A and calcium)

Pork loin with celeriac mash

Grilled loin of pork with a celeriac mash, wilted spinach and a apple and sage jus
(Spinach is an excellent source of iron and an 80g portion provides about 21 calories)

Cacciatore chicken with black olives

Pan fried chicken breast cooked in a creamy tomato sauce
(Chicken is low in fat and a great source of protein, Sage is a very good source of Vitamin A and calcium)

Potato, Cheddar and leek pie

Sliced potato and leeks in a Cheddar cheese sauce topped with golden short crust pastry
(Cheddar Cheese is rich in calcium and a source of protein)

Penne pasta with spinach, mushrooms and pesto

Pasta tossed in pesto with wilted spinach, mushrooms olives and peppers
(Spinach is an excellent source of Iron and rich in vitamin C, folic acid and beta carotene)

Available with seasonal vegetables, potatoes, pasta or rice

Desserts

Chocolate sponge pudding with chocolate custard
Lemon posset
Honey and granola Greek yoghurt
Assorted ice creams
Freshly cut fruit platter
Cheese and biscuit selection with grapes and celery

We understand that food allergies can present a serious concern for some of our customers. If you would like information on the allergen content of our foods, please speak to a member of staff who will be happy to assist.

“Dishes created for a well balanced diet”.



Saturday

Haddock and spring onion fishcake

Haddock, crushed potato, lemon and spring onion
(Oily fish are rich in omega-3 fatty acids which help reduce the risk of heart disease)

Shepherd's pie

British minced lamb with vegetables topped with creamy mashed potato
(Lamb contains B vitamins, niacin, zinc, and iron)

Chicken korma with pilau rice

Chicken breast pieces in a lightly spiced coconut sauce, pilau rice and naan bread
(Chicken is a great source of protein, low in fat and contains vitamin B6)

Caribbean fish cutter in flat bread

Spiced breaded haddock fillet in a tortilla wrap with crisp salad
((White fish are low in fat and a good alternative to red or processed meats)

Pumpkin and aubergine curry

Slow cooked pumpkin and aubergine in a madras style sauce
((Aubergines is a good source dietary fibre, vitamin B1))

Greek salad with chargrilled chicken

Salad of feta, olives and red onions topped with a warm chargrilled chicken breast
(Olives are rich in fat, especially oleic acid, an omega-9 monounsaturated fatty acid).

Available with seasonal vegetables, potatoes, pasta or rice

Desserts

Caribbean Banana Fritter
Dark Chocolate Tart
Honey and granola Greek yoghurt
Assorted ice creams
Freshly cut fruit platter
Cheese and biscuit selection with grapes and celery

We understand that food allergies can present a serious concern for some of our customers. If you would like information on the allergen content of our foods, please speak to a member of staff who will be happy to assist.

“Dishes created for a well balanced diet”.



Sunday Lunch

Baked hake with a tartare crust

Fillet of hake baked with a tartare, cheese and breadcrumb crust
(White fish are low in fat and a good alternative to red or processed meats)

Traditional roast chicken

Roasted chicken served with sage and onion stuffing and roast gravy
(Chicken is a great source of protein, low in fat and contains vitamin B6)

Beef and mozzarella lasagne

Lean beef and pasta in a rich tomato sauce topped with cheese sauce and mozzarella
(Lean beef contains iron which helps improve anaemia)

Roasted squash and red onions

Roasted butternut squash with red onions and spiced with za'atar and a tahini sauce
(Squash is low saturated fat, cholesterol and sodium, and a good source Vitamin A + C)

Available with seasonal vegetables, potatoes, pasta or rice

Desserts

Caramelised pineapple, coconut & chilli sponge
Banoffee crumble pie
Honey and granola Greek yoghurt
Assorted ice creams
Freshly cut fruit platter
Cheese and biscuit selection with grapes and celery

We understand that food allergies can present a serious concern for some of our customers. If you would like information on the allergen content of our foods, please speak to a member of staff who will be happy to assist.

“Dishes created for a well balanced diet”.



Sunday Dinner

Soup of the day

A wholesome freshly made soup served with rustic bread

Deli

Choose from sliced farmhouse bread, freshly baked ciabatta
or a floured tortilla wrap

Free range egg mayonnaise and cress

Gammon, rocket and Dijon mustard

Chicken, spinach and bacon

Cheddar cheese and pickle

Tuna mayonnaise and cucumber

Bacon, brie and cranberry

Lighter option deli platter

Choose from either half a sandwich, ciabatta or wrap served with a selection of cut
fruit and a small bowl of salad

Salads

Caesar

Cos lettuce topped with shaved parmesan, smoked mackerel or chicken
baked croutons and a light parmesan dressing

Greek

Mixed leaves, fresh tomatoes, feta cheese, boiled egg, olives and red onion

Super salad

Salad of mixed leaves, sweet potato, sundried tomatoes,
mixed grains, mozzarella and a sweet basil dressing

Desserts

Fruit trifle

Honey and granola Greek yoghurt

Assorted ice creams

Freshly cut fruit platter

Cheese and biscuit selection with grapes and celery

**We understand that food allergies can present a serious concern for some of our customers.
If you would like information on the allergen content of our foods, please speak to a member of staff who will
be happy to assist.**