

**“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

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## **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 salad**

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

#### **Super salad**

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

### **Pasta Bowl**

Freshly prepared bowl of spaghetti or fusilli pasta with your choice of sauce

Tomato and herb

Red pesto, chicken and mixed peppers

Tomato, herb, tuna and sweetcorn

Mushroom and Leek bake

### **Spanish Chicken**

Grilled chicken served with a pepper, tomato, herb and olive stew

### **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

Assorted ice creams

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## **Vegetarian Menu**

### **Mushroom & chestnut pudding**

Selection of English mushrooms with seasonal chestnuts in suet pastry  
*(Chestnuts are high in fibre which helps to reduce cholesterol and stabilizes blood sugar levels)*

### **Aubergine rice with roasted tomatoes**

Sliced aubergine layered with pistachios, dried apricots and long grain rice  
*(Aubergines are a good source of dietary fibre and vitamin B1)*

### **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)*

### **Grilled vegetable skewer with herb dressing**

Chargrilled Mediterranean vegetable skewers with a light pesto dressing  
*(Mushrooms are an excellent source of potassium)*

### **Mature cheese and vegetable lasagne**

Layered sheets of pasta with a rich tomato sauce and Mediterranean vegetables  
topped with full flavour cheese  
*(Cheddar Cheese is rich in calcium and a source of protein)*

**Available with seasonal vegetables, potatoes, pasta or rice**

### **Dessert**

Dessert of the day (please see main menu)  
Honey and granola Greek yoghurt  
Assorted ice creams  
Freshly cut fruit platter  
Cheese and biscuit selection with grapes and celery

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## **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

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## **Monday**

### **Baked hake with a tartar crust**

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

### **Pork loin with bubble and squeak**

Grilled pork loin with bubble and squeak topped with a poached egg and a spiced apple chutney  
*(Egg whites are rich sources of selenium, vitamin D, B6, B12 and minerals such as zinc, iron and copper)*

### **Beef and horseradish dumpling bake**

Classic styled beef stew topped with horseradish dumplings  
*(Beef contains iron which helps improve anaemia)*

### **Greek salad with char grilled chicken**

Salad of olives, tomatoes, cucumber and red onion topped with feta cheese and char grilled chicken  
*(Chicken is a great source of protein, low in fat and contains vitamin B6)*

### **Cauliflower mac and cheese**

Macaroni pasta and cauliflower baked in a creamy cheese sauce  
*(Cauliflower is an anti-inflammatory and is rich in vitamins & minerals)*

### **Daily grill**

Please choose one of the following grilled meat or fish fillets with your choice of daily vegetables and potatoes

Salmon, cod, mackerel, hake, plaice, chicken breast or pork steak  
*(Meat and fish contain key nutrients including iron, zinc, vitamin B and E)*

### **Available with seasonal vegetables, potatoes, pasta or rice**

#### **Desserts**

Sticky toffee pudding with custard  
Fruits of the forest pavlova  
Honey and granola Greek yoghurt  
Assorted ice creams  
Freshly cut fruit platter  
Cheese and biscuit selection with grapes and celery

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## **Tuesday**

### **Blackened cod with roasted vegetables**

Spiced cod fillet with Mediterranean vegetables  
*(White fish are low in fat and a good alternative to red or processed meats)*

### **Shepherd's pie**

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

### **Coq au vin**

Chicken cooked in a red wine with garlic, mushrooms and smoked bacon sauce  
*(Chicken is low in fat and a great source of protein)*

### **Sesame coated hake fillets**

Pan fried sesame coated fillets of hake with a lemon dressed caper salad  
*(White fish are low in fat and a good alternative to red or processed meats)*

### **Ratatouille with ricotta dumplings**

Baked Mediterranean vegetables in a rich tomato sauce topped with ricotta cheese dumplings  
*(Courgettes are one of the lowest calorie vegetables and a good source of folates)*

### **Daily grill**

Please choose one of the following grilled meat or fish fillets with your choice of daily vegetables and potatoes

Salmon, cod, mackerel, hake, plaice, chicken breast or pork steak  
*(Meat and fish contain key nutrients including iron, zinc, vitamin B and E)*

**Available with seasonal vegetables, potatoes, pasta or rice**

### **Desserts**

Baked chocolate rice pudding  
Raspberry yoghurt mousse  
Honey and granola Greek yoghurt  
Assorted ice creams  
Freshly cut fruit platter  
Cheese and biscuit selection with grapes and celery

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## **Wednesday**

### **Oat crust Mackerel fillet**

Baked mackerel fillet topped with oats, breadcrumbs and mustard  
*(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

### **Butter chicken makhani**

Slow cooked chicken in a spicy butter sauce served with cardamom rice  
*(Chicken is low in fat and a great source of protein)*

### **Turkey burger with salad and salsa**

Chargrilled turkey burger in a toasted ciabatta roll with crisp salad and spicy salsa  
*(Turkey is low in fat and high in protein and is a source of zinc, potassium)*

### **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)*

### **Daily grill**

Please choose one of the following grilled meat or fish fillets with your choice of daily vegetables and potatoes

Salmon, cod, mackerel, hake, plaice, chicken breast or pork steak  
*(Meat and fish contain key nutrients including iron, zinc, vitamin B and E)*

**Available with seasonal vegetables, potatoes, pasta or rice**

### **Desserts**

Apricot and sultana pudding with sauce anglaise and apricot sauce  
Coconut & lime cheesecake  
Honey and granola Greek yoghurt  
Assorted ice creams  
Freshly cut fruit platter  
Cheese and biscuit selection with grapes and celery

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## **Thursday**

### **Seared salmon on creamy cabbage and lentils**

Pan fried salmon fillet with slow cooked lentils and savoy cabbage in a cream sauce  
*(Salmon is a good source of potassium, selenium & vitamin B12, omega 3)*

### **Carbonnade of beef**

Belgian style beef stew slowly cooked in ale  
*(Beef is a good source of vitamin B12, niacin, zinc and selenium)*

### **Italian style pork meatballs on soft polenta**

Pork meatballs cooked in a rich tomato sauce  
served with a soft polenta and basil mash  
*(Pork is a good source of thiamine, niacin, riboflavin, vitamin B)*

### **Teriyaki chicken and noodles**

Chicken breast with fresh coriander and soy egg noodles  
*(Chicken is a great source of protein,  
low in fat and contains vitamin B6)*

### **Barley risotto with blue cheese**

Pearl barley risotto with butternut squash and spinach finished with blue cheese  
*(Spinach is an excellent source of Iron and rich in vitamin C,  
folic acid and beta carotene)*

### **Daily grill**

Please choose one of the following grilled meat or fish fillets with your choice of daily  
vegetables and potatoes

Salmon, cod, mackerel, hake, plaice, chicken breast or pork steak  
*(Meat and fish contain key nutrients including iron, zinc, vitamin B and E)*

**Available with seasonal vegetables, potatoes, pasta or rice**

### **Desserts**

Apple & sultana filled pancakes  
Crème brulee  
Honey and granola Greek yoghurt  
Assorted ice creams  
Freshly cut fruit platter  
Cheese and biscuit selection with grapes and celery

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## **Friday**

### **Deep fried Pollock**

Fillet of Pollock 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)*

### **Pork loin with celeriac mash**

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

### **Spanish style hake**

Fillet of hake baked on a tomato, pepper and chickpea stew  
*(White fish are low in fat and a good alternative to red or processed meats)*

### **Stuffed pepper with quinoa**

Baked pepper filled with quinoa, aubergines tomatoes and basil  
*(Aubergines are a good source of dietary fibre and vitamin B1)*

### **Mushrooms and lentils topped with polenta**

Portobello mushrooms filled with lentils cooked in a tomato sauce and topped with pan fried polenta cakes  
*(Mushrooms are an excellent source of potassium)*

### **Daily grill**

Please choose one of the following grilled meat or fish fillets with your choice of daily vegetables and potatoes

Salmon, cod, mackerel, hake, plaice, chicken breast or pork steak  
*(Meat and fish contain key nutrients including iron, zinc, vitamin B and E)*

**Available with seasonal vegetables, potatoes, pasta or rice**

### **Desserts**

Dark & white chocolate croissant pudding

Mandarin trifle

Honey and granola Greek yoghurt

Assorted ice creams

Freshly cut fruit platter

Cheese and biscuit selection with grapes and celery

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## **Saturday**

### **Pan fried plaice in lemon butter**

Classic fillet of plaice with a lemon & parsley butter  
*(White fish are low in fat and a good alternative to red or processed meats)*

### **Pork sausages with puy lentils and bacon**

Grilled pork sausages served on a lentil and bacon leek ragout  
*(Lentils are a high protein, high fibre member of the legume family)*

### **Beef bourguignon**

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

### **Thai fishcakes, sweet chilli sauce, bean salad**

Coriander, garlic and lime infused fish cakes served on a green bean salad and topped with a sweet chilli sauce  
*((White fish are low in fat and a good alternative to red or processed meats)*

### **Feta spinach and rocket salad**

Salad of feta, spinach and rocket with balsamic syrup  
*(Spinach is an excellent source of Iron and rich in vitamin C, folic acid and beta carotene).*

### **Daily grill**

Please choose one of the following grilled meat or fish fillets with your choice of daily vegetables and potatoes

Salmon, cod, mackerel, hake, plaice, chicken breast or pork steak  
*(Meat and fish contain key nutrients including iron, zinc, vitamin B and E)*

### **Available with seasonal vegetables, potatoes, pasta or rice**

#### **Desserts**

Toffee apple crumble tart with custard  
Chocolate crème caramel  
Honey and granola Greek yoghurt  
Assorted ice creams  
Freshly cut fruit platter  
Cheese and biscuit selection with grapes and celery

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## **Sunday Lunch**

### **Seafood and pasta bake**

Smoked haddock, coley and prawns cooked in a white sauce with penne pasta topped with cheese

*(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)*

### **Pork and sage patties with chunky tomato sauce**

Pan fried pork and sage patties served with chunky tomato salsa and rocket leaves

*(Sage contains Vitamin A and calcium)*

### **Aubergine with quinoa and baked eggs**

Baked aubergines, tomatoes and herbs with quinoa topped with poached eggs

*(Eggs are a great source of protein, selenium and vitamin D)*

### **Daily grill**

Please choose one of the following grilled meat or fish fillets with your choice of daily vegetables and potatoes

Salmon, cod, mackerel, hake, plaice, chicken breast or pork steak

*(Meat and fish contain key nutrients including iron, zinc, vitamin B and E)*

**Available with seasonal vegetables, potatoes, pasta or rice**

### **Desserts**

Marmalade sponge pudding & custard

Lemon posset

Honey and granola Greek yoghurt

Assorted ice creams

Freshly cut fruit platter

Cheese and biscuit selection with grapes and celery

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## **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 salad**

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

#### **Super salad**

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

### **Desserts**

Fruit Jelly

Honey and granola Greek yoghurt

Assorted ice creams

Fresh fruit platter

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