

# Weekly Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SOUP STATION</b>	<b>Super Soup- daily made seasonal soup served with fresh baked bread</b>				
<b>Main Dish</b>	Chicken or Pork Creamy tomato and fresh herb Spanish style stew	Tikka Masala Marinated chicken pieces, lightly spiced curry sauce	'Greek' style baked Moussaka Lamb or beef with layered Aubergine and potatoes	Mac N cheese bar With a choice of your toppings Sticky chicken bites Smashed beef burgers Cajun Salmon	Crispy Fish finger Roll  Hot dogs(CG) Soft floured roll
<b>Meat free</b>	Red pepper, corn and cheese Quesadillas sour cream (VE)	Green Lentil Dhal With Potato, tomato and spinach sauce	'Greek' Briami vegetable and Quorn stew	BBQ style Oomph pieces Burnt corn Shredded greens	Loaded vegetable burger  Veggie Dog (CG)
<b>Sides</b>	Crushed roasted new potatoes, olive oil and lemon Carrots Green beans	Baked Pilau Rice Cauliflower & chickpeas Nann bread wedge Mango chutney/Raita	Potato hash, oregano and lemon Courgette Peas Yellow pepper Tzatziki	Warm Corn bread Crispy onions Garlic croutons	Chip shop chips Garden Peas/Mushy peas Curry sauce/tartar sauce/tomato ketchup
<b>Jacket Potato bar</b>	Baked Beans Cheddar cheese	'Cumnor house' slaw Cheddar Cheese	Tuna mayo Cheddar cheese	Boston beans Cheddar Cheese	Tuna mayo Cheddar cheese
<b>Dessert Station</b>	Reduced sugar Peach upside down cake	Chocolate and beetroot cake bites	Toffee and low fat Greek yogurt Cheesecake	Bourbon biscuit and courgette cake	Waffle & chocolate sauce
<b>Available daily</b>	<b>Freshly prepared Salad Bar, Low fat yogurt and Fruit pots</b>			<b>Week commencing</b>	



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<b>Soup of the Day</b>	<b>Super Soup- daily made seasonal soup served with fresh baked bread</b>				
<b>Main Dish</b>	Ragu Tomato and fresh herb Slow cooked beef or chicken	Rogan Josh Lightly spiced chicken with tomatoes and peppers	Roast day Turkey or Pork Gravy Stuffing	Morocan Tagine Chicken or Salmon slow cooked in a rich tomato sauce with chickpeas and pepper	Stone baked Pizza slice Pepperoni and ham
<b>Meat free</b>	Roast veg & cheddar quills bake	Korma Sweet potato & spinach in creamy coconut sauce	Quorn and sweet potato Wellington	Moroccan spiced vegetable and sausage bake	Margaritta
<b>Sides</b>	Wholegrain braised rice Sweetcorn Chard broccoli	Bombay potato Green Beans Tikka roasted squash Nann bread pieces Mango chutney	Roast potatoes Cauliflower cheese Cabbage Carrots	Minted yellow Couscous Green beans Peas Torn flat bread	Steamed potatoes Corn on cob 'Cumnor house' slaw
<b>Jacket Potato Bar</b>	Baked Beans Cheddar cheese	Tuna mayo Cheddar cheese	Baked beans Cheddar cheese	Coronation chicken Cheddar cheese	Baked beans Cheddar cheese
<b>Dessert Station</b>	Rhubarb & oat crumble custard cream	Low fat baked blueberry cheesecake	Naturally sweetened Apple & cinnamon cake	Reduced sugar protein packed flapjack, cranberry and seeds	'No coffee' Tiramisu pot with Oreo crumb
<b>Available daily</b>	Freshly prepared Salad Bar, Low fat yogurt and Fruit pots				
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<b>Soup of the Day</b>		<b>Super Soup- daily made seasonal soup served with fresh baked bread</b>			
<b>Main dish</b>	Glazed Chicken pieces Peri-peri or lemon and herb sauce	Local butcher pork sausage Chicken sausage	Thai green curry Slow cooked chicken Lightly spiced coconut sauce	Baked potato short crust pastry pie Braised Beef or lamb	Turkish Shawarma Bar Aromatic chicken pieces
<b>Meat Free</b>	Baked potato, corn and basil Frittata	Plant based no meat sausage	Thai red curry Cauliflower and tofu	Super food pasta bowl Whole grain penne, spinach, broccoli, peas and sunflower seeds	Sweet potato and chickpea Falafel
<b>Sides</b>	Steamed rice Roasted herb Courgettes and white onion	Smashed potato hash Baked vegetable bubble n squeak Gravy	Egg Noodle's Stir fried Asian vegetables Prawn Craker/sweet chilli sauce	Steamed Carrots Wilted Greens Gravy	Kobez Flat bread Peas and corn Seasoned wedges Hummus/Garlic mayo
<b>Jacket Potato bar</b>	Baked Beans Cheddar cheese	Tuna mayo Cheddar cheese	Cajun chicken Cheddar cheese	Baked beans Cheddar cheese	Tuna & Sweetcorn Cheddar cheese
<b>Dessert of the Day</b>	Reduced sugar sticky lemon cake	Strawberry and low fat yoghurt mousse pot biscuit crumb	Peach crumble pie	Chilled Rice pudding pot berries	Chocolate and banana brownie
<b>Available daily</b>	Freshly prepared Salad Bar, Low fat yogurt and Fruit pots				
	<b>Week Commencing</b>				