

This Week's Menu

Look for the **Foodsteps** [®] labels - your dishes' carbon footprint



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main 1	Vegetable Puttanesca Pasta Bake w/ Lemon & Herb Crumb & Salad	Portobello Mushroom 'Kiev' with Grilled Lemon Courgettes	Leek & Courgette Moussaka with Sauteed Greens And Garlic Slice	Vegan Sausage Traybake With Tomato Sauce And Steamed Green Beans	Live Well Black Bean Tofu Rice Bowl	Mushroom Stroganoff Pasta With Garlicky Spinach	Jackfruit & Bean Chilli With Steamed Rice And Coconut Minted Yoghurt
Main 2	Chicken Thighs with Bacon, Lentil & Borlotti Bean Stew And Steamed Greens	Black Bean Beef Noodles With Stir Fried Vegetable & Crispy Gyozas	Goan Style Pork Belly Vindaloo w/ Steamed Rice and Naan Bread	Korean Fried Chicken, Buttermilk Waffle, Allium Pickle	Sustainable Battered Fish & Chips, Tartare Sauce, Lemon	Chicken, Mushroom & Leek Pie w/ Creamy Savoy Cabbage	Grilled Lamb Kofta with Baked Feta, Tabbouleh & Mango Amba Sauce
Main 3	Quinoa Falafel w/ Pickled Slaw, Tabbouleh Lemon & Herb Dressing	Bacon, Jalapeno And Cheese Filled Jacket Skins w/ Sweet Chili Salsa & Salad	Butterbean Stew With Mashed Potato And Steamed Green Beans	Vegetable Pakora Wrap, Green Chutney with Carrot & Coriander Salad	BBQ Pork Topped Flatbread With Mixed Salad & Yoghurt Dressing	Chilli Beef Nachos Topped With Sweetcorn Salsa, Guacamole and Cheddar	Tandoori Chicken Burger With Minted Yoghurt Slaw And Skinny Fries

Adults need around 2000 kcal a day. For those with special dietary requirements or allergies who may wish to know more about the food or drink ingredients used, please ask for a manager.



Scan to learn more about Carbon Labelling.

This Week's Menu

Look for the **Foodsteps** [®] labels - your dishes' carbon footprint



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main 1	Ratatouille Pasta With Sauteed Green Beans	Butternut Squash Borek Parcel with Whipped Feta	Sambal Smashed Potatoes, Satay Sauce, Courgette Ribbon Salad & Pitta	Harissa Hassleback Courgettes with Butterbean, Tahini Humous, & Dukkah	Soya Cottage Pie With Steamed Carrots And Green Beans	Tofu Nasi Goreng With Crispy Gyozas And Sweet Chili Dressing	Mushroom, Lentil, Feta And Spinach Lasagne With Tomato Sauce
Main 2	Coconut Crusted Pollock, Steamed Rice & Thai Green Curry Sauce	Sweet Potato & Chorizo Shakshuka With Sriracha Butter & Green Salsa	Beef And Lentil Cottage Pie With Sweet Potato Top And Steamed Peas	Katsu Breaded Chicken With Brown Rice, Pickled Vegetables And Katsu Sauce	Pork Satay Skewers With Grilled Flatbread, Mixed Salad and Citrus Dressing	Beef Meatball Tagine With Grilled Flatbread And Houmous Dressing	Sausage Casserole With Herby Dumplings
Main 3	Chicken Tagine with Orange & Fennel Grains	Baked Jacket Potato Topped With Chicken Curry	Tajin Chicken Legs with Sweet potato, Charred Corn & Lime	Tandoori Cauliflower Steak With Brown Rice, Charred Corn And Coconut Yoghurt	Sticky Sriracha Chicken Strips With Baked Potato Wedges And Mixed Salad	Cajun Roasted Carrot & Red Pepper Pitta With Citrus Slaw	Lemon & Oregano Greek Chicken Gyros Wrap With Skinny Fries

Adults need around 2000 kcal a day. For those with special dietary requirements or allergies who may wish to know more about the food or drink ingredients used, please ask for a manager.



Scan to learn more about Carbon Labelling.

This Week's Menu

Look for the **Foodsteps** [?] labels - your dishes' carbon footprint



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main 1	Roasted Pumpkin, Blue Cheese & Sage Baked Macaroni	Tomato & Basil Pasta With Garlic Bread And Steamed Green Beans	Sweet Chilli Soya Noodles With Charred Broccoli	Chickpea, Sweetcorn & Avocado Burger With Baked Wedges	Sweet Potato And Kale Tagine With Steamed Rice And Grilled Garlic Flatbread	Vegan Shepherd's Pie With Quinoa Crust And Steamed Carrots	Aubergine, Courgette & lentil Jumble With Lemon & Parsley Dressing And Feta
Main 2	Tomato, Pepper & Feta Frittata With Mixed Salad And Tomato Relish	Paneer & Beetroot Naan Wraps With Mango Slaw	Chicken & Chickpea Rogan Josh w/ Turmeric Rice And Garlic & Coriander Naan Bread	Sweet & Sour Pork With Brown Rice And Spring Rolls	Southern Fried Chicken Burger With Coleslaw	Tinga Chicken Chimichanga with Salsa Roja	Tomato And Chili Pasta With Mixed Salad And Garlic Bread
Main 3	Lemon & Oregano Chicken Leg With Roasted Potatoes And Root Vegetables	BBQ Chicken Loaded Wedges With Jalapeno Cheese And Salsa	Tomato And Mozzarella Topped Pizza With Mixed Salad	Pork Souvlaki Flatbread With Shredded Cabbage Salad And Citrus Dressing	Herb Crusted Pollock, Crushed New Potato, Braised Leeks And Herb Dressing	Beef Meatball Marinara Pasta Bake With Rocket Salad	Ham Hock and Chorizo Pies with Crushed Peas

Adults need around 2000 kcal a day. For those with special dietary requirements or allergies who may wish to know more about the food or drink ingredients used, please ask for a manager.



Scan to learn more about Carbon Labelling.

This Week's Menu

Look for the **Foodsteps** [?] labels - your dishes' carbon footprint



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main 1	Spiced Lentil And Sweet Potato Stew With Quinoa And Roasted Broccoli	Grilled Tofu Steak With Roasted Beetroot And Warm Quinoa Tabbouleh Salad	Pumpkin And Lentil Bake With Braised Red Cabbage And Mixed Salad	Butternut Squash Chickpea Curry With Steamed Rice And Bombay Potato	Root Vegetable Shepherd's Pie With Celeriac Mash And Sauteed Kale	Tofu & Mushroom Stroganoff With Brown Rice And Pickled Gherkins	Miso Glazed Aubergine Steak With Braised Brown Rice And Charred Pak Choi
Main 2	Ginger & Soy Glazed Carrot And Parsnip Vegetable Noodles With Chili Kale	Cauliflower and Chickpea Tagine w/ Coconut & Apricot Rice, Grilled Flatbread	Lamb & Freekeh Hot Pot Pie With Crushed Carrot & Swede, Buttered Green Beans	Chicken And Leek Casserole, With Herby Dumplings And Buttered Cabbage	Mushroom & Lentil Bolognaise With Penne Pasta And Sauteed Savoy Cabbage	Kale & Lentil Tempeh Caesar Salad With Garlic Croutes	Turkey & Black Bean Quesadilla With Creamy Slaw And Sweetcorn Salsa
Main 3	Sustainable Fish Pie Topped With Mashed Potato And Winter Greens	Slow Cooked Beef And Barley Stew w/ Root Vegetables And Steamed New Potatoes	Sticky Miso Chicken Noodles	Chimichurri Pork Skewers, Grilled Flatbread And Tabbouleh Salad	Sustainable Battered Fish & Chips, Tartare Sauce, Lemon	Chili Beef Tacos With Mixed Salad, Salsa And Soured Cream	Honey Roasted Gammon With Roasted Potatoes & Root Vegetables

Adults need around 2000 kcal a day. For those with special dietary requirements or allergies who may wish to know more about the food or drink ingredients used, please ask for a manager.



Scan to learn more about Carbon Labelling.