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Main
Supper

Vegetarian

<i>Mon</i>	Gammon Steak, Egg	Leek & Potato Quiche, Chive Oil
<i>Tue</i>	Simply Garlic Lemon Kiev	Garlic Mushroom Bunny Chow, Crumbly Stilton
<i>Wed</i>	<u>American Diner</u> Philly Style Beef Burger, Onion Chutney, Pickles & Mustard	<u>American Diner</u> Mac & Cheese Burger, Onion Chutney, Pickles & Mustard
<i>Thur</i>	Chicken Rogan Josh, Tomato & Garlic	Indian Pea & Mint Potato Patty, Raita, Red Onion, Coriander
<i>Fri</i>	<u>Caribbean</u> Home made Curried Lamb Patty Scotch Bonnet BBQ Sauce	<u>Caribbean</u> Sweet Potato Chickpea Rice Bowl
<i>Sat</i>	Seafood Risotto, Chilli, Garlic, Lemon Parsley	Beetroot Risotto, Pesto, Goats Curd
<i>Sun</i>	Chicken Roast, Stuffing	Butternut Squash, Brie & Cranberry Slice, Sage Butter

On the side...

<i>Mon</i>	Saute Potatoes Braised Peas House Salad
<i>Tue</i>	Steamed Broccoli Baked Potato Tots Spaghetti Hoops
<i>Wed</i>	Garbage Fries Boston Beans Howe's Pickles
<i>Thur</i>	Mini Naan's Poppadoms Biryani
<i>Fri</i>	Rice & Peas Jerk Corn Creamy Slaw
<i>Sat</i>	Tomato Garlic Bread Herbal Salad Wilted Greens
<i>Sun</i>	Garlic Parsley Roasted New Peas Roasted Roots

Chef's Special

<i>Mon</i>	Nasi Goreng
<i>Tue</i>	Farmhouse Sausage Roll, Curry Mayonnaise
<i>Wed</i>	<u>American Diner</u> House Smokey Pressed Rib Dog
<i>Thur</i>	Bake Giant Lamb Filo Samosa, Mint Yoghurt
<i>Fri</i>	<u>Caribbean</u> Brown Chicken Stew
<i>Sat</i>	Boarders Choice
<i>Sun</i>	

Bowl Salads

<i>Mon</i>	Egg Nicoise
<i>Tue</i>	Epic Vegetable Salad
<i>Wed</i>	Caesar Salad
<i>Thur</i>	Indian Salad
<i>Fri</i>	Jamaican Steamed Cabbage Salad
<i>Sat</i>	Panzanella
<i>Sun</i>	

Desserts

<i>Mon</i>	Yoghurt & Smoothie Bowls Fresh Cut Fruit Yoghurt Pots
<i>Tue</i>	Warm Banana Bread Fresh Cut Fruit Yoghurt Pots
<i>Wed</i>	Milkshake Lab Fresh Cut Fruit Yoghurt pots
<i>Thur</i>	White Chocolate, Raspberry Ripple Muffin Fresh Cut Fruit & Yoghurt Pots
<i>Fri</i>	Cookie Dough Brownie Fresh Cut Fruit Yoghurt Pots
<i>Sat</i>	Jelly & Cream Fresh Fruit Yogurt Pots
<i>Sun</i>	Warm Treacle & Orange Tart Fresh cut Fruit Yoghurt Pots

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Main
Supper

Vegetarian

Mon BBQ Pork Bahn Mi Thai Butternut Squash, Lime &
Coconut Laksa

Tue **‘Hen Den’**

Wed Beef Burrito, Baked
Cheese, Sour Cream One Pan Mexican Quinoa &
Vegetables

Thur Beef Chow Mein Asian Green Vegetable Stir Fry

Fri **‘Pizza House’**

Sat Lamb Shawarma,
Pomegranate Slaw,
Coriander Tortilla Espanola

Sun Indian Roast Spiced Chicken
Leg, Marsala Gravy Cauliflower Steak. Moong
Dhaal

On the side...

Mon Thai Noodles
Thai Greens
Cucumber Salad

Tue ‘Hen Den’

Wed Mexican Street Corn
Baked Cheese
Sour Cream

Thur Prawn Crackers
Egg Fried Rice

Fri House Slaw
Baked Beans
Jacket Wedges

Sat Ensalata Mixta
Chickpea, Potato Hash
Blackened Corn

Sun Bombay Aloo Roast Potatoes
Cumin Carrots
Gobi Aloo

Chef's Special

Mon Thai Fish Cake, Sweet Chilli Dipping Sauce

Tue 'Hen Den'

Wed Chicken Barbacoa Wrap, Fresca Salsa

Thur Chinese Chicken Curry

Fri Beef Lasagne

Sat Boarder's Choice!

Sun

Bowl Salads

Mon Garlic, Sesame Thai Salad, Toasted Sunflower Seed

Tue 'Hen Den'

Wed Mexican Chopped Salad, Coriander & Lime

Thur Noodle Flaked Mackerel Lemon & Cress

Fri Salad Caprice

Sat Tomato, Goats Cheese, Olive Salad, Vinegarette

Sun

Desserts

Mon Hot Melt Brownie
Fresh Cut Fruit
Yoghurt Pots

Tue Churros
Fresh Cut Fruit
Yoghurt Pots

Wed Iced Victoria Sponge
Fresh Cut Fruit
Yoghurt pots

Thur Ice Cream Pot
Fresh Cut Fruit
Yoghurt Pots

Fri Yoghurt/ Smoothie Bowls
Fresh Cut Fruit
Yoghurt Pots

Sat Dough Notts
Fresh Cut Fruit
Yogurt Pots

Sun Egg Custard Tart, Nutmeg
Fresh Cut Fruit
Yoghurt Pots

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Main
Supper

Vegetarian

Mon

Teriyaki Salmon Noodles

Quorn Vegetable Stir Fry

Tue

'Proper Burgers'

Wed

Trent Marinated Grill Night

Trent Marinated Grill Night

Thur

Katsu Sando, Milky Bread,
Shredded Cabbage

Butternut Katsu Curry,
Onion Textures

Fri

'Chippin Dippin Loaded Nachos'

Sat

Salmon & Broccoli Pasta
Bake

Aubergine & Cherry
Tomato Compot, Tomato
Basil

Sun

Chicken & Vegetable Yorkshire
Pudding Pie

Cauliflower Cheese Bake.
Herb Crumb

On the side...

Mon

Prawn Crackers
Oriental Leaf Salad
Steamed Greens

Tue

'Proper Burgers'

Wed

Marinated Tomatoes
Mushrooms
Chips

Thur

Sticky Rice
Chilli & Garlic Edamame
Sesame Pak Choi & Broccoli

Fri

'Loaded Nachos'

Sat

Steamed Greens
Black Pepper &
Lemon Fusilli

Sun

Garlic Croutons
Lemon Orzo
Marinated Olives

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Chef's Special

Mon Hoisin Pulled Pork
Pancakes, Spring
Onion, Cucumber

Tue 'Proper Burgers'

Wed Triple Threat Burger

Thur Chicken Ramen
Broth, Marinated Egg

Fri 'Loaded Nachos'

Sat Boarder's Choice!

Sun

Bowl Salads

Mon Honey & Mustard
Dressed Salad

Tue 'Proper Burgers'

Wed Cobb Salad

Thur Wafu Dressed Salad

Fri 'Loaded Nachos'

Sat Rocket & Citrus Salad

Sun

Desserts

Mon Yoghurt & Smoothie Bowls
Fresh Cut Fruit
Yoghurt Pots

Tue Hot Chocolate & Cookie
Fresh Cut Fruit
Yoghurt Pots

Wed Waffle Wednesday
Fresh Cut Fruit
Yoghurt pots

Thur White Chocolate Matcha Cheesecake
Fresh Cut Fruit
Yoghurt Pots

Fri Warm Cookie Dough & Ice Cream
Fresh Cut Fruit
Yoghurt Pots

Sat Sticky Toffee, Caramel & Custard
Fresh Cut Fruit
Yogurt Pots

Sun Warm Jammie Tarts
Fresh Cut Fruit
Yoghurt Pots