



Dinner (Tea) Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teas Main Meal	Wholegrain Pasta Carbonara	Shepherd's Pie with Root Vegetables, topped with Creamed Potato	Pork, Green Leaf & Chilli Stir-fry with Egg Rice	Roast Thyme Crumbed Chicken Portions, Baby Roasties	Dabbawalla Street Food Kolkata Chicken or Quorn Makhani, Mixed Leaves, Raita, Spinach, Onion, Peppers, Carrot, Kale & Mango Chutney	Beef Strips with Onions, Mushroom, Gherkins, Parsley & Paprika Cream with Pilaff Rice	Take Out Sunday Seared Bratwurst Dog, Fried Onions & Mustard. Pizza Quattro Stagioni
Teas Vegan or Vegetarian Meal	Charred Vegetable Ciabatta with Garlic Aioli	Cauliflower, Chickpea & Tomato Pitta with Slaw	Rainbow Vegetable Stir fry with Garlic, Ginger & Soy Sauce	Braised Vegetable & Apricot Tangine with Cous Cous		"Spanish Omelette"	
Salad Bar from	Selection of fresh simple salad items including mixed leaves, tomatoes, cucumber, sweet peppers and red onion. Choose from our amazing Power Salads – freshly prepared daily and comprising of an ever changing array of healthy, tasty & nutritious composite salads served in our unique Fresh Food from Scratch Style. Salad dressings including balsamic, vinaigrette, honey & soy and chilli & sesame						
Freshly Cut Fruit	Amazing Freshly Cut Fruit Boards to include Pineapple, Melons, Grapes, Oranges, Apples, Kiwi & Berries in Season						