

## Sample Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Freshly-made Soup</b>	Mushroom & Herb	Tomato and Roast Red Pepper	Sweet Potato and Thyme	Leek & Onion Soup	Vegetable & Barley Broth	Seafood Chowder	French Onion soup topped with parmesan crouton
<b>Lunch Main Meal</b>	Baked Chicken Fillet Parmigiana with Tomato	Slow Roast Honey Bacon Loin & Parsley Sauce	Ground Beef Spaghetti Bolognese with Garlic, Herbs & Tomato	Lamb Korma Curry, Naan bread, & Mango Chutney	<b>Burger Bar</b> <ul style="list-style-type: none"> <li>• Ground Beef Pattie Cajun</li> <li>• Chicken Fillet</li> <li>• Vegetarian Burger with Brioche</li> </ul> Bun & Toppings	<b>Powering Performance Turkey Escalope Barley &amp; Lentil Salad</b>	Traditional Sunday Roast Beef with Horseradish Sauce
<b>Lunch Vegan or Vegetarian Meal</b>	Baked Vegetable Parmigiana with Aubergine & Tomato	Potato & Spring Onion Frittata	<b>Powering Performance Quorn &amp; Vegetable Stew with Puy Lentils</b>	Butternut Squash & Lentil Dhal			Wholegrain Pasta with Mushroom & Parmesan Cream Sauce
<b>Lunch on the Side</b>	Broccoli & Crispy Potato	Boiled Baby Potatoes & Green Cabbage	Honey Carrots and Garlic Bread	Boiled Rice & Spinach	French Fries & Salads	Baked Potato & Sweetcorn	Roast Potatoes and Baton Carrots
<b>Protein &amp; Salad Bar from</b>	<p>Freshly sliced Turkey Breast, Baked Ham, Plain and marinated Chicken filets, Dubliner Cheddar and Emmental Cheese Serving of Smoked Mackerel, Sardines and Flaked Tuna served three times a week</p> <p>Selection of fresh simple salad items including mixed leaves, tomatoes, cucumber, sweet peppers and red onion.</p> <p>Choose from our amazing <b>Powering Performance Salads – From Kale, Quinoa, Sweet Potato &amp; Boiled Eggs; Flaked Tuna Mixed Grains, Cauliflower &amp; Roast Carrots; Chicken, Roasted Cauliflower, Onion &amp; Kale Salad</b> - ALL served in our unique Fresh Food from Scratch Style.</p> <p>Salad dressings including balsamic, vinaigrette, honey &amp; soy and chilli &amp; sesame</p> <p>Additional offering of wholegrain, multigrain and artisan breads served daily.</p>						
<b>Fruit &amp; Dessert</b>	Freshly Cut Fruits	Villiers Mess; crushed meringue with cream and berries	Freshly Cut Fruits	Berry Fruit Crumble with Custard	Banana Cake with Caramel Sauce	Freshly Cut Fruits	Home-made Banoffee Pie