

FOOD IN RESIDENCE

	 <b>Monday</b> 'Meat Free Campaign'	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Mains</b>	"Holy Cow" Vegetarian Mangalore Malabar  Teriyaki Salmon Fillet  "Holy Cow" Chicken Delhi Tikka Masala Curry Spinach and Ricotta Cannelloni 	Jumbo Sausage and Onion Gravy – Chimichangas – Vegetarian Schnitzel  Mac & Cheese Haddock Fishcake	Chickpea and Sweet Potato Curry  Indonesian BBQ Turkey Escalope – Organic Steak and Mushroom Pie – Cheesy Spinach Pasta 	Roast Pork – Vegetable Lasagne  Falafel and Spinach Burger with Pitta Bread  Beef Lasagne	Stuffed Beef Tomatoes with Quinoa and Spinach  Marinated Lemon Pepper Chicken Drumsticks – Gammon and Pineapple – Freshly Hand Battered Cod 
<b>Sides</b>	Jackets / Sweet Potatoes – Fragrant Rice – Spicy Wedges – Naan and Mango Chutney	Jackets / Sweet Potatoes – Mash Potato	Jackets / Sweet Potatoes – New Potatoes – Rice	Jackets / Sweet Potatoes – Stuffing Balls / Gravy – Roast Potatoes – Garlic Bread – Parmesan / Apple Sauce	Jackets / Sweet Potatoes – Chips – Lemon, Flat Parsley and Tartare Sauce
<b>Salad Bar</b>	A selection of fresh salads produced in-house to accompany your meal				
<b>Dessert</b>	Fruit salad, assorted yogurts or the dessert of the day				



Vegetarian



Vegan



Seafood with this mark comes from an MSC certified sustainable fishery. [www.msc.org](http://www.msc.org)

FOOD IN RESIDENCE



	Monday 'Meat Free Campaign'	Tuesday	Wednesday	Thursday	Friday
Mains	South American Bean Chilli  Breaded Fish Burger X 2  Chicken with Chilli In Black Bean Sauce - Goat's Cheese and Cherry Tomato Tart 	Caribbean Jerk Chicken - Grilled Pork Steak - Vegetable Enchilada  Stuffed Peppers with Halloumi Cheese 	Vegetarian Bolognese  Turkey Schnitzel - Organic Spaghetti Bolognese - Malaysian BBQ Grilled Pollock Fillet 	Beef Meatballs in Arrabbiata Sauce - Macaroni Cheese  Vegan Hot Pot  Cumberland Ring 	Flat Mushroom Stuffed with Cous Cous  Creamy Spinach and Sun dried Tomato Pasta Bake Southern Fried Buttermilk Chicken Drumsticks - Breaded Pollack Fillet 
Sides	Jackets / Sweet Potatoes - Fried Rice - Chips - Lemon Wedge / Tartare Sauce	Jackets / Sweet Potatoes - Herd Diced Potatoes - Rice and Peas - Apple Sauce / Gravy	Jackets / Sweet Potatoes - Roast Potatoes - Gravy / Suffing Balls - Garlic Bread / Parmesan	Jackets / Sweet Potatoes - Mash Potato - Penne Pasta - Parmesan / Gravy	Jackets / Sweet Potatoes - Chips - Parmesan
Salad Bar	A selection of fresh salads produced in-house to accompany your meal				
Dessert	Fruit salad, assorted yogurts or the dessert of the day				



Vegetarian



Vegan



Seafood with this mark comes from an MSC certified sustainable fishery.  
www.msc.org

FOOD IN RESIDENCE



	Monday 'Meat Free Campaign'	Tuesday	Wednesday	Thursday	Friday
Mains	Green Bean Sun Dried Tomato & Quinoa Risotto  Leek & Mushroom Pasta  Mozambican Coconut Piri Piri Chicken Fillet - Vegetarian Kiev 	Beef Goulash - Chicken and Mushroom Pie - Tomato & Mozzarella Ravioli  Vegetarian Goulash 	Vegetarian Fajitas  Chicken Enchiladas - Organic Chilli Beef & Taco Shells - Hake Fillet with a Dill & Lime Sauce 	Chinese Chicken Curry - Lamb with Chilli & Garlic Sausage (Halal) Tofu, Spinach & Red Onion Strudel  Cod Fillet with Lemon & Dill Sauce 	Falafel & Spinach Quarter Pounder & Bun  Organic Beef Burger & Bun - Caramelized Red Onion & Goat's Cheese Tart  Battered Cod Goujons 
Sides	Jackets / Sweet Potatoes - Rice - Chips - Lemon and Parsley	Jackets / Sweet Potatoes - Spicy Wedges - Sliced Pickled Beetroot	Jackets / Sweet Potatoes - Sweet Potato Fries - Spicy Rice - Guacamole / Salsa/ Sour Cream	Jackets / Sweet Potatoes - Pommes Noisettes - Egg Fried Rice	Jackets / Sweet Potatoes - Chips - Lemon Wedge - Tartare Sauce
Salad Bar	A selection of fresh salads produced in-house to accompany your meal				
Dessert	Fruit salad, assorted yogurts or the dessert of the day				



Vegetarian



Vegan



Seafood with this mark comes from an MSC certified sustainable fishery.  
www.msc.org

FOOD IN RESIDENCE



	<b>Monday</b> 'Meat Free Campaign'	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Mains</b>	"Holy Cow" Chicken Mangalore Malabar Curry – Cod Fillet Leek & Cheddar Cheese Sauce  Vegetarian Schnitzel  "Holy Cow" Vegetable Madras Chettinad Curry 	Beef Meatballs in Tomato & Basil Sauce – Roast Turkey – Bubbly Salmon Goujons  Stuffed Peppers with Vegan Cheese 	Vegetable Biryani  Organic Chimichangas – Spicy Buffalo Wings – Smoky BBQ Pork Steak	Chicken & Vegetable in Thai Sweet Tamarind – Beef Lasagne – Stir Fry Vegetables in a Hoi Sin Sauce  Spinach and Ricotta Ravioli	Spicy Bean Burger  Organic Brisket Beef Cheese Burger & Bun – Pepperoni Pizza/Four Cheese Pizza  Battered Haddock Fillet 
<b>Sides</b>	Jackets / Sweet Potatoes – Fragrant Rice – Spicy Wedges – Naan Bread / Mango Chutney	Jackets / Sweet Potatoes – Spaghetti – Roast Potatoes – Parmesan / Onion Gravy	Jackets / Sweet Potatoes – Diced Herb Potatoes	Jackets / Sweet Potatoes – Rice – Chips – Parmesan	Jackets / Sweet Potatoes – Chips – Lemon Wedge – Tartare Sauce
<b>Salad Bar</b>	A selection of fresh salads produced in-house to accompany your meal				
<b>Dessert</b>	Fruit salad, assorted yogurts or the dessert of the day				



Vegetarian



Vegan



Seafood with this mark comes from an MSC certified sustainable fishery.  
www.msc.org

FOOD IN RESIDENCE



	<b>Monday</b> 'Meat Free Campaign'	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Mains</b>	Smoky BBQ Chicken Fillet in Sauce – Poached Hoki Fillet with Parsley Butter  Mushroom Stroganoff  Penne Pasta with Cannellini Beans & Tomato 	Chicken Fajitas – Gammon Steak & Pineapple – Stuffed Peppers with Halloumi Cheese  Vegetable Fajitas 	Singapore Noodles with Tofu  Pork Steak in Sticky Thai Glaze – Organic Minced Beef & Vegetable Pie – Poached Hake Lemon & Chive Sauce 	Chicken Kiev – Spaghetti Bolognese – Vegetarian Bolognese  Mac & Cheese Haddock Fish Cake 	Vegan Chimichangas  Southern Fried Chicken Burger Tomato & Basil Pasta Bake  Battered Cod Goujons 
<b>Sides</b>	Jackets / Sweet Potatoes – Fragrant Rice – New Potatoes	Jackets / Sweet Potatoes – Curly Fries – Floured Tortilla / Salsa – Grated Cheese / Sour Cream	Jackets / Sweet Potatoes – Minted New Potatoes – Prawn Crackers	Jackets / Sweet Potatoes – Pommes Noisettes – Parmesan – Garlic Bread	Jackets / Sweet Potatoes – Chips – Lemon Wedge – Tartare Sauce
<b>Salad Bar</b>	A selection of fresh salads produced in-house to accompany your meal				
<b>Dessert</b>	Fruit salad, assorted yogurts or the dessert of the day				



Vegetarian



Vegan



Seafood with this mark comes from an MSC certified sustainable fishery.  
www.msc.org