

# MENU

## MONDAY

### Soy & Honey Salmon

Salmon glazed with soy sauce & honey, served with new potatoes, Mediterranean vegetables



### Garlic Mushrooms (V)

Button mushrooms cooked with garlic, double cream & fresh thyme.

### Mexican Pulled Wrap (VE)

A Mexican-style pulled wrap with quorn fillets, basmati rice, refried beans, fajita spice, kidney beans, coriander & arrabbiata sauce.

### Plant Based Lasagne (VE)

Plant-based lasagne layered with green lentils, Mediterranean vegetables, tomato, herbs, vegan feta & a creamy plant-based white sauce.

### SIDES

Tomato & Rosemary Med Veg,  
Steamed Broccoli,  
Garlic Sourdough Bread



## THURSDAY

### Theme Night

Each week we have a different Theme/Cuisine.

Example themes include:  
Sustainably Sourced, Greek,  
Spanish, Indian & many more

Check out the notice board to  
find out this week's theme.



## TUESDAY

### Tandoori Chicken

Tandoori chicken breast with mint yoghurt & curry sauce, flavoured with garlic, ginger, garam masala, cumin, turmeric, tomato & fresh coriander.

### Gammon Steak With Pineapple Salsa

Grilled gammon steak topped with a fresh pineapple salsa of red chilli, diced red onion & chopped coriander.

### Tomato Basil Gnocchi (V)

Soft gnocchi tossed in a tomato & basil sauce topped with parmesan cheese

### Tofu Coconut Rice (VE)

Smoked tofu served with creamy coconut basmati rice, sliced onions, coriander, spring onions & a kick of sriracha sauce.

### Plant Based Shawarma (VE)

Plant-based shawarma served with harissa hummus, pomegranate seeds & fresh coriander.

### SIDES

Spiced Cauliflower, Chard Sweetcorn, Brown Rice

## FRIDAY

### Selection Of Chicken Wings

Selection of chicken wings with BBQ sauce, hoisin & a salt & pepper seasoning.

### Pork Hotdog

Pork sausage in a brioche bun with mild mustard, ketchup & crispy onions.

### MSC cod in a light gluten-free batter.

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### Vegan Pasties (VE)

Plant-based pasties with a savoury vegan filling wrapped in golden pastry.

### Cauliflower Wings (VE)

Crispy cauliflower wings tossed in buffalo sauce & finished with fresh spring onions.

### SIDES

Mushy Peas, Mac n Cheese, Fries

## WEDNESDAY

### Char Sui Pork

Tender char siu pork loin steak with crisp tenderstem broccoli & beanshoots, finished in a sweet, sticky char siu sauce.

### Steamed MSC Pollock Tomato & Garlic Sauce

Steamed MSC pollock served in a rich tomato & garlic sauce



### Four Cheese Ravioli, Red Pepper Sauce (V)

Four cheese ravioli served in a smooth red pepper sauce with charred peppers & a buttery finish

### Spanish Omelette (V)

Classic Spanish omelette made with free range eggs, sliced potato & white onion.

### Rice Noodles, Mushroom Broth (VE)

Rice noodles served in a savoury mushroom broth with wild & chestnut mushrooms, & vegetable bouillon

### SIDES

Pok Choi, Wedges, Rice Noodles

A selection of fresh seasonal salads produced in-house to accompany your meal along with a fresh fruit salad, assorted yogurts or the dessert of the day

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(V) – Vegetarian, (VE) – Vegan



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Chain of Custody: MSC-C-53312



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## MONDAY

### Chimichurri Roasted Cod Loin

Roasted cod loin served with a vibrant chimichurri dressing of fresh herbs, garlic, chilli & olive oil



### Mushroom Stroganoff(V)

Mushrooms in a creamy paprika & mustard sauce.

### Keema Peas(VE)

A hearty vegan mince & lentil curry with peas, tomatoes & warm Indian spices.

### Aloo Gobi(VE)

A comforting potato & cauliflower curry with tomato, garlic, chilli & aromatic spices.

### SIDES

Onion Bhaji, Wild Rice, New Potato, Caramelised Carrots

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## TUESDAY

### Butter Chicken

Tender chicken in a rich, creamy tomato sauce with ginger, garlic & warming Indian spices.

### Grilled Hake

Grilled hake served with a fresh chilli & lime dressing.



### Chilli Paneer(V)

Paneer with peppers & onions in a sweet chilli sauce with a gentle kick of spice.

### Vegetable & Chick Pea Curry (VE)

Chick peas & vegetables simmered in a fragrant coconut curry with ginger, garlic & fresh coriander.

### Vegetable Biryani (VE)

Basmati rice layered with vegetables & fragrant spices for a light, aromatic biryani.

### SIDES

Vegetable Samosa, Vegetable Pakora, Basmati Rice, Bombay Potato.

## FRIDAY

### Lamb Steak, Creamy Pepper Sauce

Tender lamb steak served with a rich, creamy peppercorn sauce.

### Battered MSC Pollock

MSC Pollock coated in a crisp, golden gluten-free batter.



### Roasted Cauliflower Steak (VE)

Thick-cut cauliflower roasted with garlic, thyme, paprika & vegan butter.

### Salt n Pepper Tofu

Crispy tofu tossed with Mixed Vegetables & salt & pepper seasoning

### SIDES

Tender stem Broccoli, Green Beans, Mushy Peas, Tartar Sauce

## WEDNESDAY

### Shepherds Pie

Minced lamb & vegetables in a savoury herb gravy, topped with roasted sweet potato.

### Roast Chicken Breast

Tender roast chicken breast, simply seasoned & cooked until golden.

### Vegetable, Potato & Cheese Frittata (V)

A baked egg frittata with potato, peppers, red onion & melted cheese.

### Lentil Cottage Pie (VE)

A hearty lentil & vegetable cottage pie topped with creamy potato.

### SIDES

Creamed Cabbage, Carrots, Parsnips, Garlic Potatoes

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**Haddock, Mussel Citrus Cream**  
MSC Haddock with tender mussels  
in a light citrus cream sauce.



### Grilled Halloumi(V)

Golden grilled halloumi served with sweet chilli & sliced peppers

### Palak Paneer(V)

A creamy spinach & paneer curry with garlic, onion & aromatic spices, finished with warming masala hint

### Vegetable & Bean Balti(VE)

A hearty vegetable & bean balti with haricot & borlotti beans, chopped tomatoes & warming spices, finished with crispy onions & fresh coriander.

### Vegetable Biryani (VE)

Fragrant basmati rice with cauliflower, courgette, chopped tomatoes & aromatic Indian spices.

### SIDES

Broccoli Florets, Brown Rice &  
New Potato



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## TUESDAY

### Lamb Ragu

Slow-cooked minced lamb in a rich tomato  
sauce with onion, garlic, oregano & basil,  
finished with fresh chopped basil.

### Baked Haddock

Baked haddock topped with a parsley herb crumb  
served with a sunblushed tomato dressing.



### Mushroom Risotto(V)

Creamy arborio rice cooked with wild & chestnut mushrooms,  
garlic, onion & parmesan, finished with fresh chives.

### Plant-Based Bolognese (VE)

A plant-based bolognese with green lentils, vegan mince,  
tomato, onion, garlic & Italian herbs, finished with fresh chopped basil.

### Vegan Sausage Roll (VE)

A savoury vegan sausage roll in crisp golden pastry,  
served warm & perfect as a hearty plant-based option.

### SIDES

Sauteed Green Beans, New Potato, Pasta,  
Garlic Bread

## FRIDAY

### Lamb Kofta

Spiced lamb koftas served with  
cooling mint yoghurt, pomegranate & a fresh coriander dressing.

### BBQ Chicken Skewer

Tender BBQ chicken skewer served with a touch of hot honey for a  
smoky, sweet & spicy finish.

### Chunky Cod Fish Fingers

MSC Chunky cod fish fingers served with a tangy tartar  
sauce made with capers, gherkins, dill, lemon  
& creamy vegan mayo.



### Saag aloo Pie(VE)

A warming spinach & potato pie with gentle Indian spices, baked in  
golden pastry.

### Shicken Tikka Kebab (VE)

Plant-based shicken tikka kebab served with cooling tzatziki & a  
touch of hot honey for a spicy, creamy & sweet finish.

### SIDES

Minted Peas, Caramelized Onions, French Fries,  
Flat Breads

## WEDNESDAY

### Creamy Cajun Chicken Orzo

Cajun-spiced chicken with tender leeks & orzo pasta  
in a creamy parmesan sauce.

### Mediterranean Chicken

Tender Mediterranean-style chicken with garlic, herbs & fresh  
flavours, served as a simple, colourful main.

### Roasted Cherry Tomato, Mozzarella Pasta(V)

Pasta with sweet roasted cherry tomatoes, mozzarella, garlic,  
onion & fresh basil for a bright Mediterranean-style finish.

### Spicy Bean Burger(VE)

A lightly spiced bean burger with a hearty texture

### SIDES

Med Veg, Sliced Courgette,  
Sweet Potato Wedges

A selection of fresh seasonal salads  
produced in-house to accompany your meal  
along with a fresh fruit salad, assorted  
yogurts or the dessert of the day

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### Masala Baked Hake

Tender baked hake with a gently spiced masala yoghurt, fresh lime & coriander.



### Spinach & Ricotta Cannelloni (V)

Creamy spinach & ricotta cannelloni baked in tomato & basil sauce with melted cheese.

### Sweet Potato lentil Dhal (VE)

Warming sweet potato & red lentil dhal with fragrant spices & fresh ginger.

### Moroccan Spiced Falafel (V)

Golden Moroccan-spiced falafel with tamarind, coconut yoghurt, pomegranate & coriander.

### SIDES

Hasselback Potatoes, Super Greens Mix Vegetables, Wholegrain Rice, Mini Naan



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### Pan Fried Garlic Chicken

Pan-fried chicken breast served with a rich garlic butter sauce & fresh parsley.

### Lamb Kofta

Juicy lamb koftas with cooling mint yoghurt, coriander dressing & a sprinkle of pomegranate.

### Fake Creamy Chicken & Mushroom Pasta(VE)

Creamy pasta with wild mushrooms, Pulled Vegan Product made from Soya & a sprinkle of fresh parsley.

### Beetroot & Goats Cheese Tortellini(V)

Beetroot & goats cheese tortellini tossed in a soft sage butter sauce.

### SIDES

Broccoli Florets, Paprika Potatoes, Garlic Flat Breads

## FRIDAY

### Piri Piri Chicken

Piri piri chicken with roasted Mediterranean veg & a lively sriracha dressing.

### Battered MSC Cod

Crisp battered MSC cod, golden on the outside & tender inside.



### Fishless Tacos

Fishless finger tacos with crunchy pickled slaw & a creamy sriracha mayo.

### Mexican Bean Roll

A hearty Mexican bean roll with warm spices & a tasty savoury filling.

### SIDES

Minted Peas, Chargrilled Sweetcorn, Vegetable Rice, Curly Fries

## WEDNESDAY

### HM Pasties Jerk Chicken Pies

jerk chicken pies with a warm, gently spicy kick.

### Salmon & Dill Fishcakes

Crisp salmon & dill fishcakes, light & full of flavour.



### Bean Fajita Mix(VE)

Five bean fajita mix with a little heat, creamy sriracha mayo & fresh coriander salsa

### Slow Roasted Butternut Squash(VE)

Slow-roasted butternut squash with mild spices & a soft, sweet finish.

### SIDES

Tomato & Rosemary Med Veg,  
Sweet Potato Fries,  
Mini Tortilla

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