# Autumn & Winter menu 2026

Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Option one** | MAC & CHEESE (v)<br>with Garlic Bread & Toppings (v) | MIDDLE EASTERN STREET FOOD<br>**Lemon & Garlic Chicken**<br>with Kobez Bread (v), Fattoush Salad (v) & Yoghurt Dip (v) | **Classic Beef Lasagne**<br>with House Salad (ve) & Garlic Bread (v) | SPICE & RICE<br>**Chicken Korma**<br>with Rice (ve) & Toasted Coconut (ve) | FISH & CHIP fridays<br>**Battered Pollock or Salmon Fishcake**<br>with Chips (ve) & Peas (ve) |
| **Option two** | **Chow Mein (v)**<br>with Black Bean Sauce | **Falafel & Houmous Bowl (ve)**<br>with Mixed Grain Salad (ve) Pickles (ve) & Dip (ve) | **Garden Vegetable Cottage Pie (v)**<br>with Carrots (ve) & Gravy (ve) | SPICE & RICE<br>**Sweet Potato Tikka (v)**<br>with Rice (ve) & Onion Salad (ve) | **Cheesy Bean Filled Pasty (v)**<br>with Chips (ve) & Peas (ve) |
| **Dessert of the day** | **Fruit Muffins (v)** | **Peach Upside Down Cake (v)** | **Chocolate Orange Cookie (ve)** | **Oaty Flapjack (ve)** | **Syrup Sponge (v)** |

## Allergies

**Please speak to a member of staff if you have an allergy and need to know what's inside our food dishes. They will advise you of your available choices**

## Menu Key

- Vegan option
- Added plant protein
- Source of wholemeal

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Week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **Option one** | **Nasi Goreng (v)** with Vegetable Spring Rolls (v) & Curry Sauce (v) | ROOSTERS **Buffalo Chicken Thigh** with Herbed Couscous (ve) | **Butchers Sausage & Mash** with Onion Gravy (ve) | The MEXICAN Kitchen **Chicken Quesadilla** with Wholemeal Rice (ve) & Cucumber Salsa (ve) | FISH & CHIP fridays **The ultimate fish finger sandwich** with Sweet Chilli & Lime Mayo (v), Chips (ve) & House Salad (ve) |
| **Option two** | **Mushroom & Lentil Lasagne Al Forno (v)** with Garlic Bread (v) & House Salad (ve) | **Thai Basil Noodles (v)** with Garlic Sautéed Cabbage (ve) | **Veggie Sausage & Mash (v)** with Onion Gravy (ve) | The MEXICAN Kitchen **Smokey Soya Chilli (ve)** with Wholemeal Rice (ve) & Tomato Salsa (ve) | **The New York Deli Pickle Burger (v)** with Chips (ve) & House Salad (ve) |
| **Dessert of the day** | **Gingerbread Cookie (ve)** | **Chocolate Brownie (v)** | **Jam & Coconut Sponge (v)** | **Eton Mess (v)** | **Vanilla Shortbread (ve)** |

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Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
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| **Option one** | **Plant Based Bolognaise (ve)** with Spaghetti (ve) & Garlic bread (v) | YAMAS! **Chicken Souvlaki** with Lemon & Herb Rice (ve) & Greek Salad (v) | **Roast Chicken & Stuffing** with All The Trimmings (ve) | MIDDLE EASTERN STREET FOOD **Amba Chicken** with Grains (ve) & Roasted Broccoli (ve) | **Breaded Pollock** with Chips (ve) & Mushy Peas (ve) |
| **Option two** | **Garlic & Chilli Tofu Noodles (v)** with Sautéed Cabbage (ve) | YAMAS! **Greek Feta Honey & Spinach Parcel (v)** with Sliced Potatoes (ve) & Greek Salad (v) | **Roast Quorn (ve) & Stuffing (v)** with All The Trimmings (ve) | **Authentic Chickpea Tagine (ve)** with Grains (ve) & Roasted Broccoli (ve) | **Banh Mi Hound Dog (ve)** with Vietnamese Loaded Fries (ve) & Cucumber Salad (ve) |
| **Dessert of the day** | **Oaty Cookie (ve)** | **Pineapple Upside Down Cake (v)** | **Chocolate Crunch Cake (v)** | **Jamaican Ginger Cake (v)** | **Iced Sponge (v)** |

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