|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Fresh Soups and a Selection of Fresh Breads | Wonky vegetable broccoli soup with fresh olive bread and a rocket pesto | Caribbean butter bean soup with fresh focaccia bread and toasted pumpkin seeds | Wonky Cheese \& leek soup with fresh white bread and toasted sunflower seeds | Cream of garden pea soup with fresh sun dried tomato bread and cheesy croutons | Cream of tomato \& basil soup with fresh white bread and a basil oil | Roasted courgette soup with fresh olive bread and basil croutons | BRUNCH |
| Salad Bar and Dressings | Build your own salad bar with house dressings <br> Pesto baby spinach pasta salad with cherry tomatoes | Build your own salad bar with house dressings <br> Roasted Mediterranean vegetable cous cous salad | Build your own salad bar with house dressings <br> Asian chilli egg noodle salad with crispy shallots | Build your own salad bar with house dressings <br> Fennel roasted cauliflower with quinoa and | Build your own salad bar with house dressings <br> POWERING <br> PERFORMANCE <br> Nacho mixed bean <br> salad with sour cream | Build your own salad bar with house dressings <br> Curried new potato salad | ---- |
| Main Meal | Mexican chicken \& bean chilli with a coriander salsa | Beef bolognaise with garlic bread | Lemon \& thyme roasted chicken thigh with a salsa verde | Honey roasted gammon with gravy | Hot dogs with crispy onions | Ciabatta chicken \& pepper pizzas | Full Brunch menu with chefs choice main course Ham and cheese panini Cheese and tomato panini |
| Main Vegetarian <br> Vegan dishes available daily | Vegan pineapple \& lentil dahl with fresh coriander salsa | Roasted vegetable wholemeal pasta bake | Herby vegetable and lentil casserole | Vegetarian sausage wellington with a red wine jus | Quorn hot dog roll | Ciabatta cheese \& tomato pizza | ---- |
| Carbohydrate | Braised aromatic rice | Penne pasta Gluten free pasta | Buttered new potatoes and parsley | Garlic and thyme roasted potatoes | Skin on chips | Baked sweet potato wedges | ---- |
| Vegetables | Steamed green beans | Glazed sliced carrots | Steamed sweetcorn | Seasonal vegetables | Baked beans <br> Corn on the cobs | Korean slaw | ---- |
| Grab and go | Rice bar <br> Herby sausage roll with tomato chutney | Wrap bar <br> POWERING <br> PERFORMANCE <br> Chicken guacamole wrap with salsa and a spicy potato wedges | Grab \& go <br> Street feta and grilled vegetable rice pot | Tomato and basil sauce with grated cheddar | Jacket potato bar <br> Jacket potatoes, sweet potatoes with baked beans and grated cheese | BBQ pork loin steak with a maple BBQ sauce | ---- |
| Whole fruit | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts |
| Cold Dessert | Apple \& cinnamon crumble with custard | Double chocolate sponge with chocolate sauce | Kale chocolate brownie with chocolate custard | Steamed jam sponge with custard | Baked coconut rice pudding with strawberry jam | Ice cream sundaes with marshmallows and dressings | sodexo <br> QUALITY OF LIFE SERVICES |


|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Fresh Soups and a Selection of Fresh Breads | Wonky vegetable leek \& potato soup with fresh olive bread and a rocket pesto | ‘Future 50’ Spiced red lentil soup with fresh focaccia bread and toasted pumpkin seeds | 'Future 50’ Japanese miso soup with fresh white bread and toasted sunflower seeds | Wonky vegetable celeriac, courgette \& basil soup with fresh sun dried tomato bread and cheesy croutons | Cream of chunky tomato soup fresh white bread and a basil oil | Roasted courgette soup with fresh olive bread and basil croutons | BRUNCH |
| Salad Bar and Dressings | Build your own salad bar with house dressings <br> Street Caesar salad with crispy bacon lardons | Build your own salad bar with house dressings <br> Street charred corn salad with tortilla chips \& sour cream dressing | Build your own salad bar with house dressings <br> BLT pasta orzo salad with cos lettuce | Build your own salad bar with house dressings <br> POWERING PERFORMANCE Tuna \& cauliflower mixed grain salad | Build your own salad bar with house dressings <br> Puy lentil salad with sun dried tomato \& spinach | Build your own salad bar with house dressings <br> Spicy chickpea \& quinoa salad | ---- |
| Main Meal | Aromatic beef mince masala with a yoghurt dressing | Baked macaroni cheese \& bacon with a kale pesto dressing | Nando's style peri peri chicken with Portuguese chilli sauce | Roasted pork loin with apple sauce and red wine gravy | MSC oven baked breaded pollack fillet with tartare sauce | Ham and cheese toasted panini | Full Brunch menu with chefs choice main course <br> Teriyaki chicken stir-fry with basmati rice |
| Main Vegetarian <br> Vegan dishes available daily | 'Future 50' Street food Moroccan Quorn \& soya falafel khobez wrap | Broccoli, leek and macaroni bake with a kale pesto dressing | POWERING <br> PERFORMANCE <br> Chilli Quorn \& kidney bean burrito with a salsa dressing | Potato, spring onion, cauliflower and cheddar pie with a red wine gravy | Street themed Vegan cantina buttermilk burger with slaw | Cheddar cheese and tomato panini | ---- |
| Potatoes or Rice | Braised turmeric rice | Herby garlic bread slice | Spicy Portuguese rice with beans | Roasted garlic \& rosemary potatoes | Rustic skin on chips | Croquette potatoes with paprika mayonnaise | ---- |
| Vegetables | Steamed green beans | Glazed sliced carrots | Peri peri house slaw Steamed sweetcorn | Hand mixed vegetables | Steamed peas <br> Baked beans <br> Mushy peas | Rich ratatouille | ---- |
| Grab and Go | POWERING <br> PERFORMA NCE <br> Soffritto chicken with spelt, beans \& kale | Street food themed turkey kofta with salad and toasted pitta breads with cucumber raita | Mexican MSC fish baja tortilla wrap with a yoghurt and lime dressing | Ratatouille \& mozzarella pasta bake with a spinach \& basil oil | Jacket potato bar with baked beans \& grated cheddar | Olive \& sun blushed tomato risotto with a yellow cherry tomato chutney | ---- |
| Cut Fruit and Yoghurt Bar | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts |
| Hot or Cold Dessert | Apple marbled sponge with custard | Sticky toffee pudding with toffee sauce and custard | Cherry \& apple crumble with custard | Cornflake crunch tart | Baked banana sponge with custard | Malteser cheesecake pots | sodexo <br> QUALITY OF LIFE SERVICES |


|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Fresh Soups and a Selection of Fresh Breads | 'Future 50' lentil \& tomato soup with fresh olive bread and a rocket pesto | Wonky vegetable carrot \& coriander soup with fresh focaccia bread and toasted pumpkin seeds | 'Future 50’ spicy butternut squash \& coconut soup with fresh white bread and toasted sunflower seeds | Cream of mushroom soup with fresh sun dried tomato bread and cheesy croutons | Wonky vegetable soup with fresh white bread and a basil oil | Caramelised red onion soup with fresh olive bread and basil croutons | BRUNCH |
| Salad Bar and Dressings | Build your own salad bar with house dressings <br> Japanese miso \& brown rice with broccoli | Build your own salad bar with house dressings <br> Avocado Panzanella salad with slow roasted cherry tomatoes | Build your own salad bar with house dressings <br> Street style wild rice salad with feta \& coriander oil | Build your own salad bar with house dressings <br> POWERING <br> PERFORMANCE <br> Soybean \& pumpkin stir-fry salad | Build your own salad bar with house dressings <br> Street Greek feta salad with caramelised red onions | Build your own salad bar with house dressings <br> Asian rice salad with pak choi and crispy shallots | ---- |
| Main Meal | Cumberland sausages with a rich onion gravy | Thai green chicken curry with sweet chilli sauce | Slow cooked BBQ pulled pork bap with garlic mayonnaise | Roast chicken with sage \& onion stuffing with red wine gravy | Pepperoni and mozzarella pizzas | Spicy chicken fajitas with sour cream | Full Brunch menu with chefs choice main course <br> Italian spaghetti and meatballs with parmesan cheese |
| Main Vegetarian <br> Vegan dishes available daily | Crispy vegan sausage roll with a rich onion gravy | POWERING <br> PERFORMANCE <br> Matar paneer pea curry with lime pickle | Street themed pulled jackfruit bap with a vegan mayonnaise | Herby gnocchi with roasted butternut squash \& goats cheese | Mozzarella and sun dried tomato pizzas | Spicy vegetable bean fajitas with sour cream | ---- |
| Potatoes or Rice | Creamy mashed potato | Fragrant braised rice | Lightly spiced oven baked potato wedges | Thyme roasted crispy potatoes | French fries | Roasted candied sweet potatoes | ---- |
| Vegetables | Glazed sliced carrots and spiced braised red cabbage | Oven roasted peppers with green beans | Pickled red cabbage slaw <br> Steamed sweetcorn | Seasonal fresh vegetables | Baked beans Steamed peas | Sautéed mange tout and carrots | ---- |
| Grab and Go | POWERING <br> PERFORMANCE <br> Street style <br> Caribbean rice bean pot with a salsa dressing | Baguette bar <br> Ham and cheese Cheese and tomato | POWERING <br> PERFORMANCE <br> Teriyaki beef and mushroom stir-fry with a honey \& soy dressing | Pasta bar <br> Penne pasta with creamy ham carbonara sauce \& basil oil | Jacket potato bar <br> Jacket potato \& sweet potato with baked beans, cheese \& tuna mayonnaise | Rice pot bar Mexican beef chilli with braised rice | ---- |
| Cut Fruit and Yoghurt Bar | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts |
| Hot or Cold Dessert | Apple \& banana crumble with custard | Ginger, lemon and honey steamed sponge with custard | Toasted welsh cakes with whipped cream and jam | Vanilla American cheesecake with a blueberry compote | Chocolate rice krispy cake | Ice cream pots |  |


|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Event | Asian themed night |  |  |  |  | Street food theme night |  |
| Fresh Soups and a Selection of Fresh Breads | Soup of the Day | Soup of the Day | Soup of the Day | Soup of the Day | Soup of the Day | Soup of the Day | Soup of the Day |
| Main Meal | Char sui of pork belly stir fry with crispy vegetable spring rolls | Japanese chicken fillet with katsu sauce | Lamb shepherds pie with cheesy mash Red wine gravy | Seafood paella with a Siracha mayonnaise | Mexican beef picadillo Tomato salsa | Street Americana beef burgers with sliced cheese \& chipotle sauce | Roast turkey crown with stuffing, gravy \& cranberry sauce |
| Main Vegetarian | Quorn stir-fry with ginger noodles \& sweet chilli sauce | Japanese Quorn fillet with katsu curry | Vegetable bean and Quorn champ pie | Quorn \& pepper paella a Siracha mayonnaise | Three bean chilli with tomato salsa | Street halloumi burger with hummus and peppers | Vegetable bean champ pie |
| Potatoes or Rice | Chilli stir fried egg noodles | Basmati rice with crispy shallots | Cheesy mas potato | Garlic \& coriand flatbread | Braised turmeric rice | Dirty fries with jalapenos | Thyme Roasted Potatoes |
| Vegetables \& Salad | Stir fried Chinese leaf and pak choi | Roasted onions \& butternut squash | Oven roasted root vegetables |  | Refried beans Sweetcorn | Battered onion rings $B B Q$ beans | Seasonal Vegetables Cauliflower cheese |
| 'Grab \& Go' | Malaysian coconut pollack fillet with sweet chilli sauce | Chilli lemon and garlic marinated pork with a chilli and parsley dressing | Tomato and mozzarella toastie with garlic aioli | Roasted jerk chicken thighs | Korean style pulled pork | Sticky BBQ pork ribs | ---- |
| Cut Fruit and Yoghurt Bar | Selection of Whole \& Cut Fruit and a Variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts |
| Hot or Cold Dessert | Banoffee pie pots | Berry chocolate mousse | Zesty cheesecake | Sweet Belgian waffles | Millionaire shortbread squares | Chocolate raisin cookie | Chefs choice |


|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Event |  |  | Street food themed evening |  |  | High street themed evening |  |
| Fresh Soups and a Selection of Fresh Breads | Soup of the Day | Soup of the Day | Soup of the Day | Soup of the Day | Soup of the Day | Soup of the Day | Soup of the Day |
| Main Meal | Rich chicken chasseur with caramelised silver skin onions | Arabic lamb biriyani with mild curry sauce \& mango chutney | Street food crispy cod fillet burger with garlic mayonnaise | POWERING PERFORMANCE Chicken cacciatore with a green olive tapenade | Thai beef penang curry with sweet chilli sauce | Kentucky fried chicken with gravy and $B B Q$ sauce | Roast pork belly with spiced apple puree and gravy |
| Main Vegetarian | Butternut squash \& cheddar cheese crumble with a vegetarian gravy | Green jackfruit sweet potato curry with mango chutney | Street food crispy falafel \& blue cheese burger with garlic mayonnaise | Aubergine, courgette and cottage cheese bake with a green olive tapenade | Japanese teriyaki tofu \& roasted vegetables | Kentucky fried NO chicken with gravy and $B B Q$ sauce | Crispy polenta cakes with roasted onions \& red wine gravy |
| Carbohydrate | Clapshot mashed potato | Mini poppadoms | Roasted potato wedges with garlic \& rosemary | Herby buttered tagliatelle | Malay sticky jasmine rice with crispy shallots | French fries with garlic mayonnaise | Garlic roasted potatoes |
| Vegetables \& Salad | Thyme roasted root vegetables | Garlic \& coriander onion bhajis Turmeric roasted cauliflower | Roasted peppers, baby spinach and chickpeas | Roasted Mediterranean vegetables with rosemary | Garlic pak choi \& mushroom stir-fry | House slaw Corn on the cob Southern beans | Seasonal vegetables Braised red cabbage |
| Grab \& Go' | Spicy bacon \& tomato pasta sauce with grated parmesan | POWERING PERFORMANCE Grilled chicken skewers with a pineapple salsa | Moroccan Quorn \& soya falafel khobez wraps with chermoula | Spicy vegetable chow mein with soya beans and a coriander seed dressing | Roasted vegetable quiche with a chimichurri dressing | Crispy popcorn pots with lemon mayonnaise | ---- |
| Cut Fruit and Yoghurt Bar | Selection of Whole \& Cut Fruit and a Variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts |
| Hot or Cold Dessert | Caramel cheesecake | Banana, honey, Greek yoghurt granola pot | Cherry \& vanilla crumble dessert pot | Poppy seed \& lemon drizzle loaf with a honeyed whipped cream | Glazed baked egg custard | Mars bar chocolate ice cream Krushem's with chocolate bark | Chefs choice dessert |


|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Event |  |  |  | Thai themed evening |  | Asian themed evening |  |
| Fresh Soups and a Selection of Fresh Breads | Soup of the Day | Soup of the Day | Soup of the Day | Soup of the Day | Soup of the Day | Soup of the Day | Soup of the Day |
| Main Meal | Baked lemon chicken legs with a coriander \& lemon yoghurt dressing | 'Future 50 ' beef \& lentil lasagne with a cherry tomato relish | Street style cod fish finger wrap with tartare sauce | Thai red beef curry with prawn crackers \& sweet chilli sauce | POWERING <br> PERFORMANCE <br> Slow braised turkey and quinoa chilli with a tomato salsa | Aromatic beef five spice stir fry with a soy dressing | Honey roast gammon with gravy and piccalilli |
| Main Vegetarian | Courgette, feta and potato Kuku with a coriander \& lemon yoghurt dressing | 'Future 50 ' Quorn \& spinach lasagne with a cherry tomato relish | Street style tofish wrap with vegan tartare sauce | Vegetable pad Thai with sweet chilli sauce | Vegetable chickpea chilli with tomato salsa | Vegetable crispy tempura with chilli jam | Oven baked polenta cakes with slow roasted onions |
| Potatoes or Rice | Roasted turmeric \& onion potatoes | Herby garlic bread slices | Spicy oven baked potato wedges | Fragrant braised basmati rice with crispy shallots | Coconut braised rice | Chilli stir fried egg noodles | Thyme roasted potatoes |
| Vegetables \& Salad | Home made onion bhajis | Steamed peas \& sweetcorn | Steamed curly kale | Stir fried pak choi, Chinese leaf and red peppers | Oven roasted Mediterranean vegetables | Roasted peppers \& green beans | Seasonal vegetables Broccoli \& cauliflower cheese bake |
| 'Grab \& Go' | Penne pasta bake with cherry tomatoes \& spring onions | Puy lentil, bacon \& sausage casserole | Italian Quorn \& tomato bolognaise with pasta | Thai style lamb skewers with a soy dressing | Cheese, ham \& mustard toastie | Spicy Korean fried chicken wings | --- |
| Cut Fruit and Yoghurt Bar | Selection of Whole \& Cut Fruit and a Variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts | Asian style fruit platter and a Variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts | Selection of Whole \& Cut Fruit and a Variety of Yoghurts |
| Hot or Cold Dessert | Baked chocolate beetroot cake with whipped cream | Chocolate cheesecake pots | Strawberry Eton mess | Raspberry syllabub | Crunchy oat flapjacks | Profiteroles with chocolate sauce | Chefs choice |

