

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			(Vegetarian Day)			
Grilled fillet of Cajun spiced salmon (contains fish) with spring onions, lime and coriander (GF, DF)	Traditional Greek Moussaka with feta cheese and fresh oregano (celery,sulphites, wheat,dairy)	Ceylon chicken curry with coconut and fresh coriander (mustard,GF,DF)	Porcini mushroom, artichoke and red wine ragout (celery,sulphites,GF,DF)	Baked fillet of cod with a Gluten Free sun blushed tomato, anchovy, lemon and olive herb crust. (contains fish, GF, DF) Cherry tomato and basil compote (contains sulphites)	Creamy chicken and wild mushroom fricassee with white wine and tarragon (contains sulphites, dairy, GF)	Roast loin of pork with its crackling and a sage and cider gravy. Apple sauce. (Contains celery, sulphites , gf, df)
Caribbean mixed bean and artichoke stew with pineapple, lime and coconut milk (V, GF, DF, contains celery)	Braised globe artichoke and pea stew with lemon and dill (GF,DF,celery, sulphites)	Mixed vegetable and egg Kottu Roti (egg,wheat,dairy)	Gnocchi baked in a creamy blue cheese and sage sauce. Walnuts and pumpkin seeds (wheat,nuts,dairy,celery, sulphites)	Leek, fennel, artichoke and pumpkin tray bake with cherry tomatoes and toasted pumpkin seeds (V, GF, DF, contains celery)	Fennel, Butternut squash, pepper and tomato stew with fresh oregano (V, contains celery, GF, DF)	Roasted butternut squash and mixed bean wellington with red onion and thyme gravy (Wheat ,celery , Sulphites, df)
Roasted sweet potatoes (GF, DF) Mixed peppers and baby corn (GF, DF) Charred tomato salsa (contains sulphites)	Pearl barley (gluten,celery,DF) Grilled courgettes with sun blushed tomatoes, mint and pine kernels (DF,GF)	Basmati rice (GF,DF) Butternut squash and jack fruit with ginger and garlic (GF,DF)	Penne Pasta with olive oil and cracked black pepper (wheat,DF) Tender stem broccoli with roasted cherry tomatoes and lemon (GF,DF)	New potatoes (GF,DF) Mixed greens (GF,DF)	Braised wild rice (GF, DF) Caraway seed roasted carrots and spring greens (GF, DF)	Roasted potatoes (Gf, df) seasonal vegetables (Gf, df)
Biscoff millionaire shortbread (dairy,wheat,soya)	Strained Greek yoghurt with honey, preserved figs and walnuts (dairy,nuts,GF)	Sri Lankan coconut cake with coconut ice cream (nuts,sulphites,soya, wheat,dairy,eggs)	Cassata semifreddo with raspberry sauce and pistachios (nuts,egg,dairy,GF)	Pimm's and mint marinated strawberries with vanilla ice cream (sulphites,dairy,egg)	Blueberry, raspberry and lime drizzle cake with freshly whipped cream (wheat,egg,dairy)	Rhubarb and custard blondie with white chocolate sauce (wheat , egg, dairy soya)

Coffee is available in the Common Room

Allergen information- Not every ingredient present is listed on our menus. Please ask one of our staff if you have any concerns over the presence of any food allergens in our food.