

New Menu Starting Monday 5th November 2018

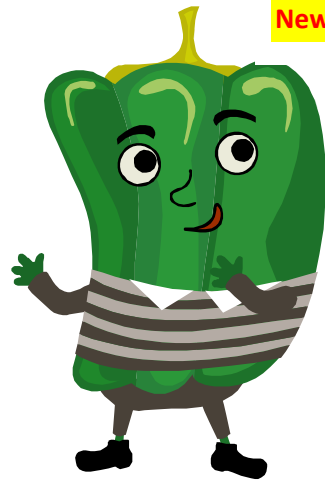
MONDAY

Homemade spaghetti
Bolognese & garlic bread
or
Cheese and oat cakes(v)

All served with potato
waffles, seasonal
vegetables

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Homemade chocolate
Brownie & Custard



TUESDAY

Minted Lamb and
Vegetable Pie
or
Creamy Vegetable Pasta
(v)

All served with creamed &
roast potatoes, seasonal
vegetables

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Homemade Vanilla
Shortbread with
Chocolate Sauce



WEDNESDAY

Chicken Tikka Boats
or
Cheese Beany
Baguettes(v)

All served with herby
diced potatoes, seasonal
vegetables

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Homemade chocolate
beetroot cake & Custard



THURSDAY

Beef Burgers
or
Quorn Burgers with

Onions(v) 
or Veggie Bolognese
All served with
Homemade baked
potato wedges,
seasonal vegetables

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Fresh Fruit with Jelly &
Ice Cream

FRESH SALAD BOWLS, JACKET
POTATOES, served with Cheese, Baked
Beans, Homemade Coleslaw, Tuna,
Salad, FRESH FRUIT SALAD, ASSORTED
FRUIT YOGHURTS,
ASSORTED HOMEMADE SANDWICHES,
cheese, tuna mayo, turkey, egg mayo,
roast chicken, and stuffing, ham
CHEESE & BISCUITS, WHOLEGRAIN
PASTA, RICE, BREAD ARE AVAILABLE
DAILY FROM THE SALAD BAR
(All Menus Are Subject to Change)

SEASONAL FRESH
VEGETABLES PLEASE
SEE POSTER IN THE
DINING ROOM FOR
FURTHER DETAILS

FRIDAY

Crunchy Fish Flipper
Dippers
or 

Quorn Tikka Masala
with Naan Bread(v)

All served with chips,
seasonal vegetables

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Victoria Sponge Cake

LUNCH MENU WEEK 1



SUNFLOWER
CAFE



MONDAY

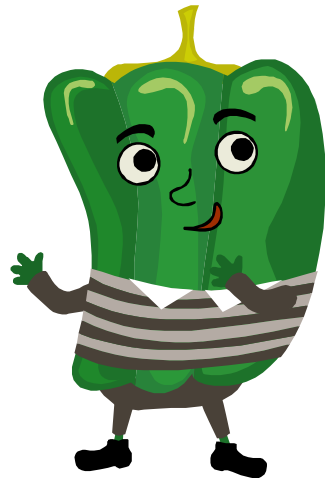
Fish Goujons
or

Homemade Vegetable
Quorn Mince and
Wholegrain Lasagne(v)

All served with baked
potatoes, seasonal
vegetables

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Homemade Chocolate
Orange Sponge &
Chocolate Sauce



TUESDAY

Roast Turkey with Stuffing
or
Cheese Whirls(v)

All served with creamed &
roast potatoes,
seasonal vegetables

~ ~ ~




Mixed fruit crumble
With custard



WEDNESDAY

Locally sourced Sausage
or Veggie Quorn
Sausage(v) with
Yorkshire Pudding
Or
Tomato and Vegetable

Pasta Bake(v) 
All served with
creamed potatoes,
seasonal vegetables

~ ~ ~

American Choc Chip

LUNCH MENU WEEK 2



SUNFLOWER
CAFE

THURSDAY

Assorted mixed Pizza
with wholegrain
base(v)

or

Veggie Quorn balls in
tomato sauce(v)

All served with
Homemade baked
spicy potato wedges,
seasonal vegetables

~ ~ ~

Iced Buns

FRESH SALAD BOWLS, JACKET
POTATOES, served with Cheese, Baked
Beans, Homemade Coleslaw, Tuna,
Salad, FRESH FRUIT SALAD, ASSORTED
FRUIT YOGHURTS,
ASSORTED HOMEMADE SANDWICHES,
cheese, tuna mayo, turkey, egg mayo,
roast chicken, and stuffing, ham
CHEESE & BISCUITS, WHOLEGRAIN
PASTA, RICE, BREAD ARE AVAILABLE
DAILY FROM THE SALAD BAR
(All Menus Are Subject to Change)

SEASONAL FRESH
VEGETABLES PLEASE
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FRIDAY

Fish Fingers
or
Smokey BBQ Chicken
wrap with BBQ sauce
or

Cheese Pie

All served with chips,
seasonal vegetables

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Fresh Fruit Friday,
Assorted Desserts



MONDAY

Homemade Assorted
Pizza with wholegrain
base and spicy soya mince
topping(v)

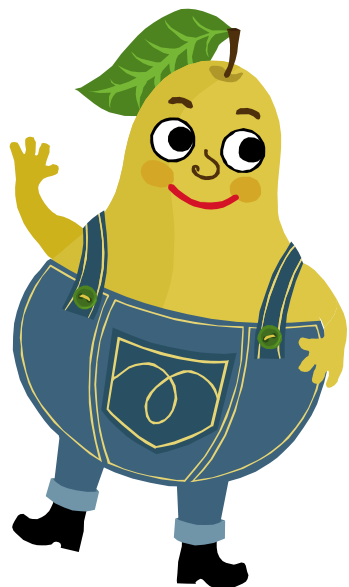
or

Homemade Meat and
Potato Pie

All served with
creamed potatoes, potato
waffles, seasonal
vegetables

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Homemade Chocolate
Crunch & Custard



TUESDAY

Roast Chicken fillet with
Stuffing & Gravy

or

Quorn Roast Fillets(v)
With Yorkshire Pudding

All served with creamed &
roast potatoes, seasonal
vegetables

~ ~ ~

Homemade
Vanilla Apple Muffins



WEDNESDAY

Pork Sausage Hot Dogs
or

Quorn Sausage Hot
Dogs(v)

or Sticky Chicken with
Noodles

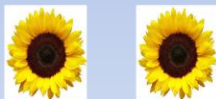
All served with baked
baby potatoes, seasonal
vegetables

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Chocolate drizzled Krispy
Cake



LUNCH MENU WEEK 3



SUNFLOWER CAFE

THURSDAY

Beef or Veggie (v)

Lobby with 
Fresh Crusty Bread

or 

Mac n Cheese(v)
All served with Garlic
Bread, seasonal
vegetables

~ ~ ~

Artic Roll
Vanilla/Strawberry
with Fresh Fruit Salad

FRESH SALAD BOWLS, JACKET POTATOES,
served with Cheese, Baked Beans,
Homemade Coleslaw, Tuna, Salad, FRESH
FRUIT SALAD, ASSORTED FRUIT
YOGHURTS,

ASSORTED HOMEMADE SANDWICHES,
cheese, tuna mayo, turkey, egg mayo, roast
chicken, and stuffing, ham

CHEESE & BISCUITS, WHOLEGRAIN PASTA,
RICE, BREAD ARE AVAILABLE DAILY FROM
THE SALAD BAR

(All Menus Are Subject to Change)

SEASONAL FRESH
VEGETABLES PLEASE
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FRIDAY

Crispy Tempura
Battered White Fish
or

Quorn and Vegetable
curry with Yoghurt

Dressing(v) 

All served with chips,
basmati rice, seasonal
vegetables

~ ~ ~

Giant Jammy Dodger

