

OUR

COLLEAGUE ONLY MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

WEEK 1

Homemade Sweet Potato & Chickpea Curry (ve) (340kcal)

Chicken & Pesto Pasta Salad (70kcal)

Coconut Rice (ve) (222kcal)

Fresh BBQ Rack of Ribs (280kcal)

Superfood Quinoa & Vegetable (ve) (70kcal)

Sweet Potato Fries (ve) (230kcal)

Homemade Sweet Potato, Lentil & Dhal Pie (ve) (408kcal)

Greek Salad (v) (36kcal)

Parmentier Potatoes (ve) (251kcal)

Lemon & Garlic Salmon Fillet (349kcal)

Chickpea, Orange & Rice Salad (ve) (40kcal)

Spring Rolls (ve) (71kcal)

Vegetable Chow Mein with Flat Rice Noodles (ve) (382kcal)

Salmon Salad Niçoise (45kcal)

Home-cooked Cauliflower Cheese (v) (775kcal)

Homemade Beef Bourguignon (392kcal)

Curried Cauliflower Salad (ve) (28kcal)

Corn on the Cob (ve) (31kcal)

Sweet Potato & Chickpea Loaf (ve) (309kcal)

Chicken & Bacon Caesar Salad (64kcal)

Pigs in Blankets (23kcal)

WEEK 2

Thai Red Vegetable Curry (ve) (313kcal) 🌶️🌶️

Asian Style Chicken Noodle Salad (60kcal)

Coconut Rice (ve) (222kcal)

Bone-in Honey & Soy Chicken Thighs (651kcal)

Lentil, Semi-Dried Tomato, Soya Bean Salad (ve) (42kcal)

Sweet Potato Fries (ve) (230kcal)

Homemade Mushroom Stroganoff (ve) (312kcal)

Tuna Salad Niçoise (35kcal)

Parmentier Potatoes (ve) (251kcal)

Baked Salmon Fillet in a White Wine Sauce (497kcal)

Soya Bean, Spinach & Red Pepper Salad (ve) (16kcal)

Spring Rolls (ve) (71kcal)

PGL's Mushroom, Lentil & Ale Pie (ve) (255kcal)

Asian Style Pulled Pork Salad (43kcal)

Home Cooked Cauliflower Cheese (v) (775kcal)

Pulled Pork Yorkshire (528kcal)

Superfood Quinoa & Vegetable (ve) (27kcal)

Corn on the cob (ve) (31kcal)

Carrot & Spiced Marmalade Wellington (ve) (433kcal)

Mozzarella, Tomato Salad (v) (65kcal)

Pigs in Blankets (23kcal)

WEEK 3

Thai Green Chicken Curry (256kcal)

Soya Bean, Spinach & Red Pepper Salad (ve) (16kcal)

Coconut Rice (ve) (222kcal)

Homecooked Mediterranean Falafel Bake (ve) (373kcal)

Mozzarella, Tomato & Salad (v) (65kcal)

Sweet Potato Fries (ve) (230kcal)

Homemade Beef Stroganoff (502kcal)

Roasted Vegetable Salad (ve) (52kcal)

Parmentier Potatoes (ve) (251kcal)

Sweet Potato & Red Onion Marmalade Tart (ve) (578kcal)

Asian Style Chicken Noodle Salad (60kcal)

Spring Rolls (ve) (71kcal)

Fresh Gammon Steak with Pineapple (196kcal)

Orzo, Semi-Dried Tomato & Olive Salad (ve) (73kcal)

Home-cooked Cauliflower Cheese (v) (775kcal)

Bone-in Lemon & Garlic Chicken Thighs (441kcal)

Lentil & Bean Salad (ve) (104kcal)

Corn on the Cob (ve) (31kcal)

Beetroot Wellington (v) (241kcal)

Chicken & Mango Salad (32kcal)

Pigs in Blankets (23kcal)

Available daily

Unlimited salad bar:

A combination of plain salad items, alongside a wide variety of composite vegan and meat salads are available at lunch and dinner.

Fresh fruit:

A variety of fresh fruit is available at all meals.

Allergy information

If you or a member of your group has a food allergy, please let us know pre-arrival. Please speak to the Catering Management Team in Centre, where more information is needed prior to choosing your meal.

Not all ingredients are included in the menu descriptions, please ask for more information.

Ingredients can occasionally be substituted or changed at short notice – always review the allergy information available from the Catering Management Team each service, where detailed information on the fourteen legal allergens is available on the allergen matrix, and in part, the allergen board.

We use a wide range of ingredients within the dishes we prepare and as such, we cannot guarantee the total absence of allergens. Where known in advance, we can prepare a plated meal, taking all reasonable steps to reduce the likelihood of cross contact.

About our food

All our whole eggs are Free Range.

All our products are free from Genetically Modified ingredients.

All our products do not list tree nuts or peanuts as intentional ingredients.

All our fish, fish products and seafood are MSC certified, with the exception of canned tuna, which is from a sustainable source and dolphin safe.

Although every care has been taken; some small bones may remain in our fish, sausage and chicken dishes & salads, some shell pieces may remain on our eggs, and some olive stones may remain in our salads.

Where used, our ham is reformed from selected cuts of pork with added water