

nutritious LEAVES  Menu 

Monday

Tuesday

Wednesday

Thursday

Friday

The SOUP Kettle

Spicy tomato & bean

Chicken & chestnut mushroom

Roasted Autumn squash

Kale spinach & Lentil power boost

Chef's special

TASTY ENTREES

Portuguese Piri Piri Chicken Leg, Homemade Hummus, Tomato, Sweetcorn Salsa
Contains: Sulphur

Chilli beef nachos with sour cream
Contains: milk

Roasted Loin of Pork served with Apple & sage Compote
Contains: Sulphur

Pork & apple Lingfield or Chicken & Herb Butchers Sausage
Contains: Gluten, Sulphur

Jumbo Cod Fingers, and mushy peas
Contains: Fish and gluten

VEGGIE LOVERS

Sweet Potato & Butternut Piri Piri Wrap, Edamame & Red Pepper Guacamole
Contains: gluten & soya

Three Lentil Lancashire Hot Pot

Macaroni 3 Cheese Bake Garden salad
Contains: gluten, milk & mustard

Tostadas Topped with Manchego Cheese & Spinach Omelette with Salsa
Contains: gluten, eggs, milk

Smoky Grilled Pepper & Butterbean Pasta Bowls
Contains: gluten

Light BITES 

Baked potatoes With Chick pea casserole

Roasted vegetable pasta bake
Contains: gluten & milk

Baked potatoes With chilli beef

Baked potatoes With barbeque beans & cheese
Contains: mustard & milk

Spaghetti Lamb Bolognaise
Contains: gluten

on the SIDE TASTY PUDS 

Portuguese Rustic Potatoes Olive & tomato salad

Green beans & peppers Fiery roquette salad Baked sweet potato

Rustic Roast Potatoes Broccoli

Crispy leeks & crushed new potatoes, gravy Sautéed cabbage & carrots

Cajun French fries Garden peas Baked beans
Contains: thyme

Wholesome chocolate cake
Contains: Milk, gluten, eggs, soya

Bramley apple & peach oatmeal crumble With Vanilla Custard
Contains: Milk, Gluten

Blueberry Greek Yoghurt fool
Contains: milk

Strawberry banana Smoothie with juice or milk
Contains: milk

Cacao & vanilla bean milkshake
Contains: milk

Gluten free main meal options available daily

Salad Bar available everyday

Chunks of fresh fruit and natural yoghurt



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