

MONDAY

LUNCH

Spiced Carrot, Coriander Soup

Served with mixed nut & green salad.
CY SP TN PN

DINNER

Starter: Goats Cheese Parfait

Served on crostini & pickled beetroot.
PN LP TN MK EG MD

Main: Spiced Indian Pineapple & Potato Stew

Served with turmeric infused rice.
LP SP MD PN

TUESDAY

LUNCH

Mixed Vegetables & Tofu Kebabs

Served on a bed of barley.
SP LP SE SY CY

DINNER

Starter: Vegan Bruschetta

Served on gluten free bread, topped with sun-dried tomatoes, garlic, basil pesto, olives & crispy onions.
MD PN SE SY SP

Main: Vegan Chilli Con Carne

Served with Basmati Rice.
TN SE LP CY MD

WEDNESDAY

LUNCH

Creacon's Signature Seafood Chowder

Tomato & coconut milk based and topped with gluten free croutons.
FH SP MD TN PN

DINNER

Starter: Tandoori Chicken Skewers

Served on a bed of salsa & rocket salad.
PN TW LP SY SE

Main: Spiced Red Lentil Dahl

Served with basmati rice.
SE LP CY SE SY PN

THURSDAY

LUNCH

Butternut Squash & Red Lentil Stew

Served with Naan Bread.
SE LP CY SE SY PN

DINNER

Starter: Cilantro & Chilli Tofu Bean Salad

Marinated tofu in coriander and chili.
SY PN TN SP CY

Main: Vegan Bolognese

Minced vegetables in a tomato base sauce with vegan pasta.
LP CY MD SE SY

FRIDAY

LUNCH

Pan-seared Tuna Steak

Served with ginger and sesame seed noodle stir fry.
FH TN CY PN SY SE

DINNER

Starter: Spinach & Ricotta Tartlet

On a bed of rocket salad.
EG MK SY SP WH

Main: Wild Mushroom Risotto

Cooked in coconut cream
SE SY SP MD CP MK

SATURDAY

LUNCH

Moroccan Sweet Potato & Apricot Tagine

Served with rice & naan bread.
SE SY SP PN TN LP CY MS

DINNER

Starter: Spinach & Mushroom Arancini

With tomato & basil sauce.
SE SY SP MD CP MK

Main: Baked Fillet of Cod

Baked in sundried tomato & garlic crumb. Served with potato cake & steamed vegetables.
WH SP SY MD MK FH

SUNDAY

LUNCH

Vegetarian Katsu Noodle Soup

Ramen inspired soup.
TN SE WH SP PH

DINNER

Starter: Roasted Parsnip & Garlic Soup

Served with home made brown bread or gluten-free bread.
LP SP

Main: Cashew Nut Chicken Curry

Served with basmati rice.
LP TN PN SY SE SP

ALLERGENS

Please inform staff of allergies or intolerances that you may have.

Crustaceans (CS)
Celery (CY)
Eggs (EG)
Fish (FH)
Lupin (LP)
Milk (MK)
Mollusks (MS)

Mustard (MD)
Peanuts (PN)
Tree Nuts (TN)
Sesame (SE)
Soya (SY)
Sulphites (SP)
Wheat (WH)