

## MONDAY

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### LUNCH

#### Lentil Squash Soup

Roasted butternut squash, red lentils and an array of spices.

SY CY

### DINNER

#### Starter: Salt & Chili Tofu Stack

Grilled and layered tofu with salt & chili seasoning and topped with roasted peanuts.

SY SE TN LP

#### Main: Indian Spiced Casserole

Coconut based Indian Curry Stew. Served with turmeric infused rice. Topped with pickled ginger & roasted cashews.

SE SY CY TN

## TUESDAY

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### LUNCH

#### Stuffed Roasted Pepper

Filled with Chili bean rice, topped with tomato salsa.

SY LP CY SE SP

### DINNER

#### Starter: Curry Kale and Chickpea Soup

Array of spiced vegetables, chickpeas, and kale, topped with peanuts.

SP CY SE PN

#### Main: Red Thai Curry

Coconut & sweet potato-based curry. Served with long grain rice.

SY SE MD LP PN

## WEDNESDAY

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### LUNCH

#### King Prawn Poke Bowl

Rice, tender-stem broccoli, pickled ginger, crispy onions, sweetcorn, cucumber, avocado and carrot.

FH CS LP MD SY

### DINNER

#### Starter: French Onion Soup

Topped with a parmesan crusted tartlet.

MK WH

#### Main: Veggie Cottage Pie

Roasted vegetables in a rosemary & thyme jus, topped with cream potatoes.

MK CY SP

## THURSDAY

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### LUNCH

#### Vegetarian Borscht

Beetroot soup with potatoes, carrots, onion & celery.

CY SY With sour cream on the side. MK

### DINNER

#### Starter: Goats Cheese Tartlet

Topped with caramelised red onion.

MK WH

#### Main: Cauliflower and Tofu Madras Curry.

Served with rice.

LP TN PN SY

## FRIDAY

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### LUNCH

#### Creacon's Signature Seafood Chowder

Tomato & coconut milk based and topped with gluten free croutons.

MK WH FH SE

### DINNER

#### Starter: Feta & Hazelnut Salad

Honeyed carrot, pickled beetroot and crisp lettuce.

MK SY MD TN

#### Main: Chickpea & Sweet Potato Curry

Coconut based curry. Served with rice.

MK TN PN

## SATURDAY

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### LUNCH

#### Vegan Taco Bowl

Mixed chili beans with rice, salsa, vegetables & tortilla chips.

SE PN LP MD TN SY

### DINNER

#### Starter: Carrot & Coriander Soup

Served with Home-made brown bread.

WH CY

#### Main: Cajun Salmon Fillet

With drizzle of Romesco sauce. Served with roast vegetables, and baby potatoes.

SY CY TN FH

## SUNDAY

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### LUNCH

#### Red Lentil Dahl

Array of spiced vegetables, red lentils in coconut based - tomato sauce.

CY LP SE MD SY SP

### DINNER

#### Starter: Goats Cheese Salad

Poached pears, beetroot slaw and pickled vegetables.

MK TN SE MD

#### Main: Honey Roast Chicken

Served with creamy mash and roasted vegetables.

MK MD CY

## 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)