### Sample menu

<table>
<thead>
<tr>
<th>Day</th>
<th>Lunch (11.45am-2pm)</th>
<th>Dinner (5-7.30pm)</th>
</tr>
</thead>
</table>
| Monday    | Turkey escalope with tomato and garlic  
Butternut, sage and hazelnut quiche  
Chicken paella  
Vegetable paella  
Fish finger baguette | Tomato and basil soup  
Lamb and vegetable casserole  
Root vegetable and lentil casserole  
Southern fried chicken  
Macaroni cheese |
| Tuesday   | Hungarian goulash  
Spicy Bean goulash  
Pasta spirals with salmon and dill  
Tortellini formaggio with tomato and basil  
Breaded mozzarella baguette | Broccoli and stilton soup  
Goujons of plaice  
Vegan sweet potato falafel wrap  
Mild Punjabi goat curry  
Spicy egg and lentil curry |
| Wednesday | Gammon steak and pineapple  
Stuffed portabello mushroom  
Asian streetfood noodle bar  
Onion bhaji baguette | Pea and watercress soup  
Spaghetti carbonara  
Wholemeal pasta with caponata  
Chilli con carne / vegetable chilli  
Tuna melt toastie |
| Thursday  | Moussaka  
Vegetable Moussaka  
Chicken and broccoli bake  
Vegetable bake  
Falafel baguette | Carrot and coriander soup  
Roast beef topside and Yorkshire pudding  
Beetroot and red onion tart tatin  
Sweet and sour pork / tofu  
Margherita pizza |
| Friday    | Battered cod  
Chicken tikka jacket potato  
Jacket potato with ratatouille  
Jacket potato with tuna or cheese  
Doner meat baguette | Cream of vegetable soup  
Baked cod in tomato and olive sauce  
Tex Mex frittata  
Penne with chicken and ham  
Penne and roasted vegetables |
| Saturday  | Brunch in The Hub  
(11.30-2.30pm) | Dinner in The Hub  
(5-7.30pm) |
| Sunday    | Brunch in The Hub  
(11.30-2.30pm) | Dinner in The Hub  
(5-7.30pm) |

Plus salad bar, burgers, fresh juices and hot & cold desserts. Menu may be subject to change.