

Park Eat

12th October

Breakfast

Lunch

Dinner

Hot

Cold

Pizza

Kitchen

Pan Asian

Pizza

Kitchen

Pan Asian

Monday

Selection of
Cereals
Pastries
Yoghurt & Toppings

Pancetta Pasta Bake
Vegan Ratatouille Pasta Bake
Selection of Pizzas

Turkey Burger
Black Bean & Quinoa Burger
with Sweet Potato Wedges
Pasta Bar
Salmon & Broccoli
Artichoke
with Rigatoni, Spaghetti &
Garden Salad

Ramen & Noodles
Grilled Chicken Breast
Chinese pork shoulder
Five Spice Honey and
Soy Tofu
Personalisation station

Pancetta Pasta Bake
Vegan Ratatouille Pasta Bake
Selection of Pizzas

Harissa & Lemon Chicken
West African Sweet Potato &
Squash, Peanut Stew
Lentil and Pomegranate
Tabbouleh & Walnuts
Topped Salad
Feather Bade or
Beetroot Falafel
Black Bean, Raw Roots,
Chipotle, Avocado Salad

Ramen & Noodles
Grilled Chicken Breast
Chinese pork shoulder
Five Spice Honey and
Soy Tofu
Personalisation station

Tuesday

Selection of
Cereals
Pastries
Yoghurt & Toppings

Tuna Pasta Bake
Arrabbiata Pasta Bake
Selection of Pizzas

Nachos
Beef Chilli or Smokey Bean
Chilli with Cheese,
Guacamole, Sour Cream,
Salsa, Courgette, Mint &
Tomato Salad
Topped Salad
Roasted Squash, Apple, Chilli
and Burnt Pepper Salad
Topped with
Jerk Pork Steak or
Polenta Spiced Egg

Ramen & Noodles
Chicken Tori Kara Age
Vietnamese Pork Belly
Beetroot Falafel
Personalisation station

Tuna Pasta Bake
Arrabbiata Pasta Bake
Selection of Pizzas

Big Pan
Bacon, Kale & Barley Risotto
Fennel and Celery Salad
Chicken Tikka Masala
Chickpea, Sweet potato and
Spinach Rogan Josh
Basmati Rice, Poppadom,
Raitha

Ramen & Noodles
Chicken Tori Kara Age
Vietnamese Pork Belly
Beetroot Falafel
Personalisation station

Wednesday

Selection of
Cereals
Pastries
Yoghurt & Toppings

Tuna Pasta Bake
Arrabbiata Pasta Bake
Selection of Pizzas

Mexican
Arroz Verde Rice, Chicken
Fajita or Smokey Bean Chilli
with Iceberg, Roasted Chilli
Salsa, with Corn on cob
Jacket Bar
Baked Sweet Potato
Choose 2 toppings
**Chicken Curry, Roasted
Vegetable, Boston Beans,
Cheese, Vegan Cheese, Tuna
Mayo** with Indian Chickpea
Salad

Ramen & Noodles
Grilled Squid
Five Spice Honey and Soy
Chicken
Miso Tofu
Personalisation station

Tuna Pasta Bake
Arrabbiata Pasta Bake
Selection of Pizzas

Pan Asian
Vietnamese Crackling Pork
Belly in Brioche with Roasted
Potatoes with Sichuan, Cumin
& Chilli
Vegetable Chilli Men
Topped Salad
Quinoa Mangetout and
Charred Broccoli Salad with
Preserved Lemon topped
with Seared Rib Eye steak or
Herb Marinated Halloumi

Ramen & Noodles
Grilled Squid
Five Spice Honey and Soy
Chicken
Miso Tofu
Personalisation station

Thursday

Selection of
Cereals
Pastries
Yoghurt & Toppings

Bolognese Pasta Bake
Tomato & Mascarpone Pasta
Bake
Selection of Pizzas

Pasta Bar
Bolognese sauce or
Kale Pesto & Butternut
Squash
with Penne, Farfarell & Garlic
Bread
Topped Salad
Cauliflower Coronation,
Pineapple, Chilli and Smoked
Almond Salad
Topped with Tandoori Chicken
Breast or Falafel

Ramen & Noodles
Seared Steak
Vietnamese Chicken
Crispy Tofu
Personalisation station

Bolognese Pasta Bake
Tomato & Mascarpone Pasta
Bake
Selection of Pizzas

BBQ Pulled Pork Ciabatta
or
Lentil Squash & Spring Green
Galette
with Rainbow slaw
Middle Eastern
Chicken Tagine
Lebanese Spiced Chick Pea &
Aubergine Stew
Freekah Greens & Preserved
Lemon

Ramen & Noodles
Seared Steak
Vietnamese Chicken
Crispy Tofu
Personalisation station

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Friday

Selection of
Cereals
Pastries
Yoghurt & Toppings

Bolognese Pasta Bake
Tomato & Mascarpone Pasta Bake
Selection of Pizzas

Fish Goujon Wrap or
Sweet Potato Falafel Wrap with Spiced Slaw

Halloumi and Squash Zaatar Skewer or
Sis Kebab (Turkish Lamb Kebab) with Homemade Flatbread, Pickled Cabbage, Red Pepper Hummus.

Ramen & Noodles
King Prawns
Char Sui Pork
House Rub Butternut Squash
Personalisation station

Bolognese Pasta Bake
Tomato & Mascarpone Pasta Bake
Selection of Pizzas

Picadillo (Mexican Chile) or
Vegan Chilli Con Carne with Arroz Verd Rice, Sour Crem, Nachos
Topped Salad
Asian Vegetable Salad
Topped with
King Prawns or
Shitake & Cashew Tori Kara Age

Ramen & Noodles
King Prawns
Char Sui Pork
House Rub Butternut Squash
Personalisation station

Saturday

Full Cooked Breakfast

Selection of
Cereals
Pastries
Yoghurt & Toppings

Pollo Pesto Pasta Bake
Ratatouille Pasta Bake
Selection of Pizzas

Hot Sandwiches
House Beef Burger
Tofu Burger with Piri Piri Jam
House Chicken Thigh Burger

Ramen & Noodles
Yakitori Chicken
Seared Salmon
Crispy Aubergine
Personalisation station

Pollo Pesto Pasta Bake
Ratatouille Pasta Bake
Selection of Pizzas

Tapas
Honeyed Ribs
Spanish Tortilla
Fried Chicken, Garlic Sauce
Rice, Fried Egg & Banana
Gallician Braised Squid
Hummus & Breads
Al Gazpacho Salad

Ramen & Noodles
Yakitori Chicken
Seared Salmon
Crispy Aubergine
Personalisation station

Sunday

Full Cooked Breakfast

Selection of
Cereals
Pastries
Yoghurt & Toppings

Pollo Pesto Pasta Bake
Ratatouille Pasta Bake
Selection of Pizzas

Traditional
Roast Beef & Yorkshire pudding
Onion Tart
Roast Potatoes & Sweet Potato Mash
Roasted Squash & Beets
Savoy & Roasted Cumin Carrots with House Gravy

Ramen & Noodles
Feather Blade
Seared Mackerel
Teriyaki Tofu
Personalisation station

Pollo Pesto Pasta Bake
Ratatouille Pasta Bake
Selection of Pizzas

Pan Asian
Panko Chicken & Kim Chi Bun or
Panko Tofu & Kim Chi Bun or
Mushroom Bao with Chinese Leaf, Chilli & Ginger with Chinese Leaf, Green Papaya, Bok Choi & Miso
Topped Salad
Morrocan Chickpea Salad
Topped with Seared Tuna or
Sweet Potato Falafel

Ramen & Noodles
Feather Blade
Seared Mackerel
Teriyaki Tofu
Personalisation station