

# Park Eat

29<sup>th</sup> March

Menus are subject to change due to reduced service.

## Breakfast

## Lunch

## Dinner

### Hot

### Cold

## Monday

Shakshouka (Baked Eggs)	Selection of Cereals Pastries Yoghurt & Toppings	Chicken Harissa Skewer Halloumi and Squash Zaatar Skewer  Puy Lentil & Quinoa Salad with Lemon & Sumac Mango, Pumkin & Chilli Salsa	Amatriciana (Pancetta & Tomato)  Artichoke Pasta Sauce  Tricolour Penne  Wholemeal Spaghetti  Garlic Pizza Bread Side	Lamb Chops with/Meat Gravy  Cauliflower T-Bone steak & Cashew Nut Hollandaise  Charred Broccolini & Shallots Celariac Dauphinoise	Spicy Chicken & Kamut Bowl  Vegan Ratatouille Pasta Bake Sauteed Kale  Roasted Beets
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## Tuesday

Bacon Bap	Selection of Cereals Pastries Yoghurt & Toppings	Italian Chicken Lasagna  Squash, Spinach & Ricotta Cannelloni  Baby Spinach & Balsamic Onions  Ciabatta Garlic Bread	<b>TOPPED SALAD</b> Quinoa Roasted Tomato, Mint & Feta Salad  Citrus Spiced salmon  Beetballs	Seared Pork Steak  Spelt Roasted Sweet Potato & Goats Cheese Stuffed Peppers  Roasted Sweet Potato & Squash  Fresh Garden Salad	Beef & Black Bean  Tempura Vegetables in Sweet & Sour Sauce  Fried Rice vg
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## Wednesday

Kao Tom Breakfast Pot	Selection of Cereals Pastries Yoghurt & Toppings	Char Sui Pork Steamed Bun Panko Chicken, Mooli Slaw &  Kim Chi Steamed Bun Mushroom Bao with Chinese Leaf, Chilli & Ginger (Mogu Bao)	Chinese Leaf, Green Papaya, Bok Choi & Miso  Florentine Fish Pie  Butternut Squash, Pepper & Apricot Filo Swirl  Steamed Vegetables	Turkey Meatballs in Pomodoro sauce  Beetballs with Feta in Pesto Calabrese  Lentil and Pomegranate Tabbouleh & Lemon Broccoli	Kaeng Phanaeng Neua (Beef Panang)  Hunan Style Braised Red Tofu Sweet Chilli Noodles  Stir Fried Bok Choy
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## Thursday

Chipotle & Blackbean Breakfast Pot	Selection of Cereals Pastries Yoghurt & Toppings	Piri Chicken Thigh Bone in Piri Piri Squash Pitta  Spicy Rice  Wilted Greens	<b>TOPPED SALAD</b> Burnt Pineapple, Chilli, Peanut, Chinese Leaf & Lime  Feather blade  Panko Aubergine	Lamb Tagine, Olive & Lemon Lebanese Spiced Chick Pea & Aubergine Stew  Freekah Greens & Preserved Lemon  Lemon Broccoli	Vegan Paella  House Rub Chicken Breast
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## Friday

Sourdough Cheese & Marmite Toasty

Selection of  
Cereals  
Pastries  
Yoghurt & Toppings

Breaded Pollack with Tartare Sauce  
Battered Banana Blossom Potato Wedges  
Peas & Beans

Gammon, Wedges & Egg  
Portobello Mushroom & Halloumi Brioche  
Fresh Garden Salad

Beef Madras  
Chicken Tikka Masala  
Basmati Rice  
Kachumber  
Lamb Shoulder Sharwama  
Halloumi Sharwama Wrap

## Saturday

Full Cooked Breakfast

Selection of  
Cereals  
Pastries  
Yoghurt & Toppings

Uni Beef Burger  
Tofu Burger Piri Jam  
House Thigh Burger aioli  
Corn on the Cob  
Rainbow Slaw

Seared Sirloin Steak with Garlic Butter  
Cauliflower T-Bone steak & Cashew Nut Hollandaise

Grilled Chicken Breast  
Garlic Roasted News  
House Slaw  
House Rub Portobello Mushroom

## Sunday

Full Cooked Breakfast

Selection of  
Cereals  
Pastries  
Yoghurt & Toppings

Buttermilk Brined Half Roast Chicken  
Rosemary & Kale Crusted Lamb Breast  
Carmalised Onion Tart

Roast Potatoes  
Maple Roasted Carrots  
Savoy Cabbage  
Meat Gravy

Jerk Pork Steak With Salsa on Sweet Potato Mash  
Lebanese Spiced Chick Pea & Aubergine Stew  
Fried Mixed Beans with Cayenne

**TOPPED SALAD**  
Vietnamese Salad  
Yakitori Chicken Skewer  
Panko Tofu