

Dining room menus for January 2026

Date	Soup	Salad	Main
Tuesday 6 th	Parsnip soup Fresh bread	Quinoa salad with roasted pumpkin, celeriac, lemon and sumac with fresh chives, almonds and chopped figs Mixed bean salad with roasted kale, and feta cheese garnished with fresh mint Mixed leaves and dressing	Vegetable frittata
Wednesday 7 th	Sweet potato and coconut soup Granary bread	New potato salad with caper, gherkins, fresh dill and baby spinach Red cabbage, apple, fennel, celery soused with cider vinegar and maple syrup with chives and walnuts Mixed leaves with herb dressing	Stuffed portobello with roasted vegetables, herbs and toasted sunflower
Thursday 8 th	Leek and potato soup Fresh bread	Quinoa salad with roasted courgette, cauliflower and red onion dressed with pomegranate, lemon and dill Waldorf salad with grapes, celery, apple and walnuts Mixed leaves and dressing	Spice bean and squash patty with salsa verde
Tuesday 13 th	Tomato soup Fresh bread	Quinoa salad with roasted pumpkin, celeriac, lemon and sumac with fresh chives, almonds and chopped figs. Mixed bean salad with roasted kale, and feta cheese garnished with fresh mint. Mixed leaves and dressing	Sweet potato and lentil casserole
Wednesday 14 th	Beetroot and coconut soup Fresh soup	Rice salad with roasted cauliflower, courgette, lemon, pumpkin seeds, and fresh herbs Radicchio, butter bean, roasted fennel and watercress salad with grilled halloumi, lemon and fresh mint	Lentil dhal with spinach and onion seeds
Thursday 15 th	Seasonal root vegetable soup Fresh bread	Asian style noodle salad with courgettes, mange tout, carrots and peppers in tamari dressing Beetroot and green lentil salad with dill apple and walnuts Mixed leaves French dressing	Stuffed peppers with quinoa, broccoli, celeriac, and toasted almonds
Tuesday 20 th	Parsnip soup Fresh bread	Couscous tabouleh with cucumber, cherry tomatoes, fresh herbs, and juicy sultanas (or dates!) Beetroot remoulade with shredded radicchio, Chinese leaves, tarragon, and walnuts Mixed leaves and dressing	Squash and lemon and parsley risotto
Wednesday 21 st	Pea soup Crusty granary bread	Quinoa salad with roasted squash, celeriac, courgettes and dressed with lemon, olive oil and fresh mint and parsley bean salad with celery, cucumber, feta and herbs Mixed leaves and dressing	Stuffed mushroom with kale, almonds, courgette, celeriac and fresh herbs

Thursday 22nd	Root vegetable and rosemary soup	New potato salad with caper, gherkins, fresh dill and baby spinach Red cabbage, apple, fennel, celery soused with cider vinegar and maple syrup with chives and walnuts Mixed leaves with herb dressing	Spanish tortilla with a hint of chilli
Tuesday 27th	Beetroot and coconut soup	Turmeric rice salad with roasted pumpkin in smoked paprika, lemon and sumac with fresh chives, almonds and chopped dates Mixed bean salad with roasted kale, cauliflower and feta cheese garnished with fresh mint and pumpkin seeds Mixed leaves and dressing	Vegetable and bean moussaka
Wednesday 28th	Sweet potato and coconut	Pasta salad with sweet corn, roasted cherry tomatoes, mozzarella basil and rocket Waldorf salad with apple, celery, walnuts, and grapes Mixed leaves and dressing	Squash, spinach and red onion frittata
Thursday 29 th	Parsnip and apple soup Soda bread	Quinoa salad with roasted pumpkin, celeriac, lemon and sumac with fresh chives, almonds and chopped figs Mixed bean salad with roasted kale, and feta cheese garnished with fresh mint Mixed leaves and dressing	Aubergine, chickpea and cashew curry Finished with mustard seed oil