

Dining Room Menus for March 2026

Date	Soup	Salad	Main
Tuesday 3rd	Tomato and basil soup Fresh bread	Quinoa salad with roasted pumpkin, celeriac, lemon and sumac with fresh chives, almonds and chopped figs Beetroot, tarragon and apple salad with light mustard mayo dressing Mixed leaves and dressing	Spinach, courgette and herb frittata
Wednesday 4th	Sweet potato and coconut soup Granary bread	New potato salad with caper, gherkins, fresh dill and baby spinach Waldorf with apple, celery, walnuts and Dijon and soya mayo Mixed leaves with herb dressing	Stuffed peppers with roasted vegetable and lightly spiced quinoa
Thursday 5th	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 10th	Tomato soup Fresh bread	Bulgur wheat tabouleh with sultanas, celery and cucumber and fresh herbs Mixed bean salad with roasted kale, and feta cheese garnished with fresh mint Mixed leaves and dressing	Spinach and herb pancakes with chestnut mushroom sauce
Wednesday 11th	Celeriac and cardamon soup Soda bread	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 Mixed leaves French dressing	Lentil dhal with spinach and onion seeds
Thursday 12th	Beetroot and coconut soup Fresh bread	Asian style noodle salad with courgettes, mange tout, carrots and peppers in tamari dressing Green lentil salad with sun blush tomatoes, roasted fennel, diced cucumber, fresh basil and mint, and toasted almonds Mixed leaves French dressing	Sweet potato and quinoa spicy patties
Tuesday 17th	Pea and mint Fresh bread	Couscous tabouleh with cucumber, cherry tomatoes, lots of 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 18th	Parsnip soup Crusty granary bread	Quinoa salad with roasted squash, celeriac, courgettes and dressed with lemon, olive oil and fresh mint and parsley Green Bean and mixed bean salad with celery, cucumber, feta and herbs Mixed leaves and dressing	Stuffed mushroom with kale, almonds, courgette, celeriac and fresh herbs
Thursday 19th	Tomato and basil soup Rosemary focaccia	New potato salad with caper, gherkins, fresh dill and baby spinach Red cabbage, apple, fennel, celery soured with cider vinegar and maple syrup with chives and walnuts Mixed leaves with herb dressing	Spanish tortilla with a hint of chilli
Tuesday 24th	Beetroot and coconut soup Fresh bread	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 chilli
Wednesday 25th	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 26th	Pea and mint soup Rosemary focaccia	Noodle salad with radish, mange tout, Chinese leave, pepper and fresh coriander in light tamari dressing Roasted beetroot, apple dill and feta salad Mixed leaves and dressing	Spicy quinoa and sweet potato patties with salsa verde
Tuesday 31st	Tomato and basil soup Rosemary focaccia	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 chilli