

Lunch

Wednesday Mains

Classic Beef Bolognese
(GF & NF)

Putanesca - Tomato Sauce
with Olives, Roast Courgettes
& Chilli
(Vegan, GF, NF)

Dressed Spaghetti
(Vegan & NF)

Dressed Tagliatelle
(Vegan & NF)

Caprese Salad
(Vegetarian & NF)

Garlic & Tomato Focaccia

Accompaniments

Parmesan

Marinated Olives & Sundried
Tomatoes
(Vegan, GF, NF)

Desserts

Lemon Butter Tart

Vanilla Cheesecake
(GF)

Thursday Mains

Chicken Shawarma
Lemon & Spiced Chicken
Thighs (Dairy Free, NF)

Cauliflower Shawarma
Lemon & Spiced Cauliflower
Florets (Vegan & NF)

(GF options available)

Batata Harra Potatoes
(Vegan, GF, NF)

Mujadara Rice (GF & NF)

Brown & Lentil Rice

Tabbouleh Salad

Accompaniments

Houmous (GF)

Pickled Red Cabbage (GF)

Pitta Bread

Desserts

Salted Caramel &
Chocolate Tart

Apple Tart

Friday Mains

Chicken Tikka (GF & NF)
Medium-Hot Creamy Tomato
Sauce with Chicken

Ginger Coconut & Sweet
Potato Curry (Vegetarian)

Sweet Potato, Coconut and
Spinach Curry (Vegan)

Pilaf Savory Rice
(Vegan, GF, NF)

Tomato Kachumber Salad
(Vegan, GF, NF)

Bombay Potatoes
(Vegan & NF)

Accompaniments

Chill, Lime & Coriander
Chutney (GF)

Mini Indian Snacks
(Vegan & NF)

Desserts

Profiteroles - Cream filled with
Chocolate Sauce (NF)

Chocolate & Orange Torte
(Vegan & GF)

All details subject to change

*Items marked as Nut Free contain no nut ingredients,
but that the hotel cannot promise a completely nut free environment.*

If your dietary requirements do not match the options available
please email training@heloac.ac.uk