

7th January 2019 – 13th January 2019

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	Pea, mint and crème fraiche	Tomato and balsamic vinegar	Sweet pot, chilli and coconut	Stilton and broccoli	Baked potato and cheddar		
MAIN 1	Braised duck, spring onion and hoisin parcels	Italian Braised beef and cannellini gnocchi bake	Cajun chicken burger, tomato and shallot dressing	Pulled pork with BBQ pit beans	Battered fish	BRUNCH	
MAIN 2	Roasted chicken leg with chasseur sauce	Lime and chilli marinated salmon, coriander crème fraiche	Lamb dhansak	Butterflied pesto chicken in pitta bread	Rolled plaice with a caper and lemon hollandaise	BRUNCH	
VEGETARIAN	Wild mushroom and spinach lasagne	Sweet potato and black bean chilli	Baked field mushroom, spinach and stilton burger	Garlic roasted cauliflower mac n cheese	Sweet potato and stilton frittata	BRUNCH	
VEGAN	Courgette and lemon pearl barley risotto	Sweet potato and black bean chilli	Bbq oomph and mixed bean filo parcel	Vegetable paella	Root vegetable and apricot tagine	BRUNCH	
SALAD 1	PANZANELLA	PESTO PENNE PASTA	BALSAMIC RED ONION, TOMATO AND BASIL	TABBOULEH	CHILI AND GINGER SLAW	MORROCAN SWEET POTATO	
VEG/STARCH	Roasted new potatoes with spring onions, mash potato, broccoli/peas	Celeriac Boulangere,, rice, mange tout, carrots	Rosemary salted chips, rice, roasted carrot halves, sweetcorn	Herby dice, BBQ beans, chilli sweetcorn	Chips, mushy peas	BRUNCH	
DESSERT	Lemon sponge	Apple and cinnamon crumble	Honey rice pudding	Raisin sponge	Treacle steamed pudding	BRUNCH	

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DINNER (IN BOLD IN A BOWL)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP							
MAIN 1	BEEF LASAGNE	TURKEY STEAK, LEMON THYME AND ROCKET PESTO	PIZZA	GIANT MOROCCAN LAMB MEATBALL WITH TAGINE SAUCE	PEKING BEEF WITH MIXED PEPPER AND BOK CHOI	BEEF GOULASH	ROAST BEEF, YORKSHIRE PUD AND GRAVY
MAIN 2	JERK CHICKEN LEG, BLACK BEAN, CHILI & CORIANDER SALSA	BAKED HAKE WITH A BEAN, CHORIZO AND PARSLEY SALSA	PIZZA	MAPLE GLAZED SALMON, PUFFED PUMPKIN SEEDS	SWEET AND SOUR PORK	CHEFS CHOICE	CHARGILLED TUNA STEAK, TOMATO, OLIVE & ANCHOVY DRESSING
VEGAN	VEGETABLE STROGANOFF (VEGAN VELOUTE BASE)	CAULIFLOWER AND PEPPER BIRIYANI	QUINOA, SWEET POTATO & BLACK BEAN BURGER	SESAME AND VEGETABLE NOODLES TOPPED WITH MARINATED TOFU	MISO GLAZED AUBERGINE, CORIANDER PESTO	VEGETABLE ARANCINI, MEDITERRANEAN TOMATO SAUCE	MUSHROOM AND CHESTNUT COTTAGE PIE
SALAD 1	PANZANELLA	PESTO PENNE PASTA	BALSAMIC RED ONION, TOMATO AND BASIL	TABBOULEH	CHILI AND GINGER SLAW	MORROCAN SWEET POTATO	CHEFS CHOICE
VEG/STARCH	OREGANO POTATO WEDGES, LEMON AND CHILI BROCCOLI	ROASTED HERB NEW POTATOES, WHOLE GREEN BEANS	CHIPS, PEAS	SPICED GIANT COUSCOUS, BUTTERED SWEETCORN	SOY, CORIANDER, CHILI EGG NOODLES, STIR FRY MIXED VEG	CHEFS CHOICE	ROAST POTATOES, BATON CARROTS, BROCCOLI
DESSERT	Lemon Sponge	Apple and Cinnamon Crumble	Honey Rice Pudding	Raisin Sponge	Treacle Steamed Pudding	CHEFS CHOICE	BREAD & BUTTER PUDDING