

14th January – 20th January 2019

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP	SWEETCORN CHOWDER	LEEK AND POTATO	BAKED POTATO AND CHEDDAR	HICKORY SMOKED BEAN	FRENCH ONION		
MAIN 1	BREADED CHICKEN, CHIVE MAYO, FRESH ROCKET	GIANT MOROCCAN LAMB MEATBALL, TAGINE SAUCE	TURKEY STEAK WITH A CREAMY LEEK AND MUSHROOM SAUCE	LAMB MOUSSAKA	BATTERED FISH		
MAIN 2	SOY AND GINGER MARINATED SALMON WITH STEAMED PAK CHOI	COTTAGE PIE	TANDOORI SALMON, CURRIED LENTIL SAUCE	MIXED FISH BOULIBASSE WITH A ROUILLE CROUTE	FISH SUPREME, SALSA VERDE	BRUNCH	
VEGETARIAN	SPINACH AND MUSHROOM STRUDEL	CREAMY QUORN, MUSHROOM AND HERB PASTA	SQUASH, TOFU AND COCONUT CURRY	AUBERGINE STUFFED WITH COUSCOUS	ROASTED PEPPER, QUORN AND PASTA BAKE	BRUNCH	
VEGAN	SQUASH, LENTIL AND CHICKPEA KORMA	TOFU, BEAN AND VEGETABLE CASSOULET	FALAFEL & SPINACH BURGER WITH MARINATED BEETROOT	CHICKPEA CAKE WITH HUMMUS AND FRESH ROCKET	SWEET POTATO, PEPPER AND CAULIFLOWER BIRIYANI	BRUNCH	
SALAD 1	MEXICAN BEAN SALAD	FENNEL, CAPER AND PARSLEY SLAW	MOROCCAN COUSCOUS	PANZANELLA	COLESLAW	BRUNCH	
SALAD 2	HERB COLESLAW	TABBOULEH	THAI NOODLE SALAD	PASTA SALAD PRIMAVERA	JERK CORN SALAD	BRUNCH	
VEG/STARCH	RICE/WEDGES/PEAS/BATON CARROTS	TURMERIC BRAISED RICE/BROCCOLI/CAULIFLOWER	RICE/POTATO CROQUETTES/NUTMEG SPINACH/WHOLE GREEN BEANS	TURMERIC POTATOES/SAUTEED LEEKS AND PEAS/SLICED CARROTS	CHIPS/PEAS	BRUNCH	
DESSERT	HOMEMADE SPONG	TOFFEE SPONGE	PEACH COBBLER	NUTMEG RICE PUDDING	ORANGE STEAMED SPONGE	BRUNCH	

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DINNER (IN BOLD IN A BOWL)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP							
MAIN 1	CHICKEN AND MUSHROOM PIE	GNOCCHI BOLOGNAISE	PIZZA	PENNE CARBONARA	CHICKEN, SWEET POTATO, CHICKPEA AND SPINACH MAKHANI	BEEF LASAGNE	ROAST TURKEY WITH CRANBERRY SAUCE AND GRAVY
MAIN 2	BAKED HAKE WITH CHORIZO AND PEPPER SAUCE	SPRING ONION AND MUSTARD FISH CAKE WITH TARTARE SAUCE	PIZZA	SAUSAGE PLAIT WITH RED ONION GRAVY	CHILI CON CARNE WITH GRATED CHEESE, SOUR CREAM AND JALEPENOS	CHEFS CHOICE	SALMON AND PEA RISOTTO
VEGAN	TOFU AND VEGETABLE THAI CURRY	TOFU AND SWEET POTATO AND PEPPER PIE	AUBERGINE PARMAGIANA	TOFU AND GREEN PEPPER IN BLACK BEAN SAUCE	SQUASH AND SAGE RISOTTO	ROASTED VEGETABLE TOMATO AND ROCKET PASTA	VEGETABLE AND RICE WELLINGTON
SALAD 1	MEXICAN BEAN SALAD	FENNEL, CAPER AND PARSLEY SLAW	MOROCCAN COUSCOUS	PANZANELLA	COLESLAW	CHEF CHOICE	CHEF CHOICE
SALAD 2	HERB COLESLAW	TABBOULEH	THAI NOODLE SALAD	PASTA SALAD PRIMAVERA	JERK CORN SALAD	CHEF CHOICE	CHEF CHOICE
VEG/STARCH	DAUPHINOUS POTATO/PEAS/BATON CARROT	LATTICE FRIES/CORN ON THE COB/BROCCOLI	CHIPS/PEAS	MASH/RICE/BRAISED RED CABBAGE/ SWEETCORN	FRAGRANT BRAISED RICE/ BROCCOLI/CUMIN ROASTED CAULIFLOWER	POTATO CROQUETTES/SLICED GREEN BEANS/ CAULIFLOWER	ROASTED POTATOES/CARROTS/PEAS
DESSERT	HOMEMADE SPONG	TOFFEE SPONGE	PEACH COBBLER	NUTMEG RICE PUDDING	ORANGE STEAMED SPONGE	CHEFS CHOICE	CHEFS CHOICE