

5th October – 11th October 2020

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN 1	BAKED HAKE WITH A BEAN, CHORIZO AND PARSLEY SALSA	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	Fish of the day	MAPLE GLAZED SALMON, PUFFED PUMPKIN SEEDS	Rolled plaice with a caper and lemon hollandaise	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	Puy lentil, roasted squash, goats cheese, toasted sunflower seeds	Waldorf salad (compressed celery, semi dried grapes, pickled and raw apple, pumpkin seeds on a bed of cos lettuce, wholegrain mustard and mayonnaise dressing)	Coriander and lime dressed Israeli couscous, ribbon carrots, orange, feta salad	Roasted ribbon vegetable salad, hummus, olive oil	Smoked chicken and egg salad, avocado, lemon dressing	BRUNCH	
VEG/STARCH	Roasted new potatoes with spring onions, broccoli/peas	Celeriac boulangere, rice, mange tout, carrots	Rosemary salted chips, roasted carrot halves, sweetcorn	Herby dice, BBQ beans, chilli sweetcorn	Chips, couscous, mushy peas	BRUNCH	
DESSERT	Roasted apple turnover and custard	Steamed sponge and custard	Pear and thyme crumble and custard	Fruit cheesecake	Chilled rice 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	Braised duck, spring onion and hoisin parcels	GIANT MOROCCAN LAMB MEATBALL WITH TAGINE SAUCE	SWEET AND SOUR PORK	BEEF GOULASH, sour cream	ROAST BEEF, YORKSHIRE PUD AND GRAVY
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	Wild mushroom and spinach lasagne	
VEGAN	VEGETABLE STROGANOFF (VEGAN VELOUTE BASE)	CAULIFLOWER AND PEPPER BIRIYANI	QUINOA, SWEET POTATO & BLACK BEAN Pattie, pickled carrot	SESAME AND VEGETABLE NOODLES TOPPED WITH MARINATED TOFU	MISO GLAZED AUBERGINE,CORIANDER PESTO	VEGETABLE ARANCINI, MEDITERRANEAN TOMATO SAUCE	MUSHROOM AND CHESTNUT COTTAGE PIE
VEG/STARCH	OREGANO POTATO WEDGES, LEMON AND CHILI BROCCOLI	ROASTED HERB NEW POTATOES, fragrant rice, roasted cauliflower	Sautéed Pak Choi and chilli, charred broccoli, polenta cake	SPICED GIANT COUSCOUS, BUTTERED SWEETCORN	SOY,CORIANDER,CHILI EGG NOODLES, STIR FRY MIXED Vegetables	Israeli couscous	ROAST POTATOES, BATON CARROTS, BROCCOLI
DESSERT	Roasted apple turnover and custard	Steamed sponge and custard	Pear and thyme crumble and custard	Fruit cheesecake	Chilled rice pudding	Fruit salad	Spotted dick and custard