

12<sup>th</sup> October 2020 – 18<sup>th</sup> October 2020

LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN 1	BREADED PORK, WATERCRESS PESTO	CHICKEN WRAPPED IN BACON WITH WHOLEGRAIN MUSTARD CREAM SAUCE	ROASTED CHICKEN LEG WITH CHIMMICHURRI	LAMB MOUSSAKA	BATTERED FISH	BRUNCH	
MAIN 2	SOY AND GINGER MARINATED SALMON WITH STEAMED PAK CHOI	LEMON, SPRING ONION AND DILL FISH CAKE WITH TARTARE SAUCE	TANDOORI SALMON, CURRIED LENTIL SAUCE	MIXED FISH CRUMBLE (FISH PIE MIX WITH SAVOURY HERB CRUMBLE TOPPING)	FISH SUPREME, SALSA VERDE	BRUNCH	
VEGAN	VEGAN MAC N CHEESE-KEV TO SOURCE CHEESE	TOFU, BEAN AND AUTUMN VEG CASSOULET	FALAFEL & SPINACH BURGER WITH MARINATED BEETROOT HUMMUS	AUBERGINE STUFFED OLIVE, TOMATO AND PEPPER AND FREGOLA	BATTERED NORI TOFU	BRUNCH	
SALAD 1	PESTO PASTA SALAD, OLIVES, SUN BLUSH TOMATO, ONION AND FETA	ROCKET, ROASTED VEGETABLE, HUMMUS AND FALAFEL SALAD	ISRAELI COUS COUS, AVOCADO, BOILED EGG AND SMOKED SALMON SALAD	SMOKED DUCK AND POMEGRANATE SALAD, VINO COTTO DRESSING	CORONATION POTATO SALAD, SMOKED CHICKEN, PICKLED RAISINS, SPRING ONION AND ROCKET	BRUNCH	
VEG/STARCH	GARLIC ROASTED NEW POTATOES, PEAS, SWEETCORN	MASH POTATO, BROCCOLI, MANGE TOUT	SPICED COUSCOUS WITH POMEGRANITE, CUMIN ROASTED CAULIFLOWER, CURRIED LEEKS	HERB POTATO WEDGES, PEAS, ROASTED COURGETTE	CHIPS, PEAS		
DESSERT	JAM ROLY POLY AND CUSTARD	FRESH FRUIT SALAD	PLUM COBBLER AND CUSTARD	FRUIT JELLY AND CHANTILLY	STICKY TOFFEE PUDDING AND TOFFEE SAUCE		

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<b>DINNER (IN BOLD IN A BOWL)</b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SOUP							
MAIN 1	CHICKEN, LEEK AND MUSHROOM PIE	SPAGHETTI BOLOGNAISE	THEME NIGHT	SAUSAGE SAGE AND APPLE PLAIT WITH RED ONION CHUTNEY	CHICKEN, SPINACH AND COCONUT CURRY WITH A CORIANDER MANGO CHUTNEY	LAMB, FETA AND MINT BURGER WITH BABY GEM AND TATZIKI (HOMEMADE)	STUFFED CHICKEN LEG
MAIN 2	SPINACH AND MUSHROOM STRUDEL	CREAMY QUORN, MUSHROOM AND HERB PASTA	THEME NIGHT	MUSHROOM AND SPINACH CORBONARA	SBT/ FETA AND PESTO PENNE PASTA	CHEFS CHOICE	SALMON EN CROUTE
VEGAN	TOFU AND VEGETABLE THAI CURRY	TOFU AND MEDITERRANEAN VEGETABLE PIE	THEME NIGHT	TOFU, PEPPER AND PAK CHOI STIR FRY	PEA, BASIL AND MINT RISOTTO	HARISSA AUBERGINE, COURGETTE AND PEPPER KEBAB, SILKEN TOFU AND HERB DRESSING	
VEG/STARCH	THYME MASH POTATO, RICE, GREEN BEANS, PEAS	BUTTERED NEW POTATOES, BROCCOLI	THEME NIGHT	CRUSHED NEW POTATOES, SOYA BRAISED JASMINE RICE,	TUMERIC, APRICOT AND CORIANDER RICE,	OREGANO WEDGES, ROASTED RED PEPPER AND COURGETTE, WILTED SPINACH	ROAST POTATOES, ROASTED CELERIAC AND CARROT, BROCCOLI
DESSERT	JAM ROLY POLY AND CUSTARD	FRESH FRUIT SALAD	THEME NIGHT	FRUIT JELLY AND CHANTILLY	STICKY TOFFEE PUDDING AND TOFFEE SAUCE	BREAD AND BUTTER PUDDING	TREACLE SPONGE AND CUSTARD