

# Dinner, Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Soup:</b> Tomato &amp; Orzo (Low Fat)</p> <p><b>Main Course:</b> Chicken Tikka Masala with Wholemeal Chapatti</p> <p>Poached Fillet of MSC Pollock With Lemon, Caper, Tomatoes &amp; Olives (Low Fat)</p> <p><b>Vegetarian:</b> Vegetable Malabar Masala with Lentil &amp; Chickpeas with Wholemeal Chapatti</p> <p>Mushroom &amp; Pine Nut Strudel (High Fibre)</p> <p><b>Sides:</b> Brown Rice &amp; Millet with Chilli &amp; Coriander Half Baked Jacket Potato with Chives Sweetcorn Broccoli</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Lemon &amp; Blueberry Panna Cotta Fresh Fruit &amp; Yoghurt</p>	<p><b>Soup:</b> Carrot &amp; Lentil (Low Fat)</p> <p><b>Main Course:</b> Braised Beef &amp; Mushroom Pie</p> <p>Homemade Smoked Haddock &amp; Spring Onion Fishcake</p> <p><b>Vegetarian:</b> Vegetable Meat Loaf with Caramelised Red Onion &amp; Rosemary Jus</p> <p>Sweet Chilli Tempura Vegetables with Stir-fry Pak Choi &amp; Beanshoots</p> <p><b>Sides:</b> Bulgur with Star Anise &amp; Sesame Mashed Potato Thyme Roast Carrots Green Beans</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Cinnamon Spiced Apple Greek Yoghurt &amp; Granola Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Moroccan Chickpea (Low Fat)</p> <p><b>Main Course:</b> Chicken Kiev Stuffed with Garlic &amp; Parsley Butter, In Crispy Panko Crumb</p> <p>Baked Salmon</p> <p><b>Vegetarian:</b> Chestnut Mushroom Lasagne</p> <p>Root Vegetable Corn Tortilla Stack</p> <p><b>Sides:</b> Pea &amp; Feta Pearl Barley with Roasted Red Onion Fries Petit Pois Buttered Corn on the Cob with Paprika</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Fresh Cut Fruit with Vanilla Syrup &amp; Crème Fraiche Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Roasted Butternut Squash (Low Fat)</p> <p><b>Main Course:</b> Lamb Rogan Josh with Naan Bread</p> <p>Peppered Tuna Steak (Low Fat)</p> <p><b>Vegetarian:</b> Butternut Squash &amp; Chickpea Curry</p> <p>Polenta with Roasted Vegetables &amp; Balsamic Glaze</p> <p><b>Sides:</b> Freekeh with Leeks, Spring Onions &amp; Parsley Steamed Basmati Rice Turmeric Roasted Cauliflower Broccoli Florets with Tahini</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Sticky Toffee Pudding with Ice Cream &amp; Butterscotch Sauce Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Cream of Celeriac</p> <p><b>Main Course:</b> Chargrilled Pork Tenderloin with Piperade</p> <p>Baked MSC Hake with Barley &amp; Parsley Risotto</p> <p><b>Vegetarian:</b> Cannellini Bean &amp; Smoked Cheese Croquette</p> <p>Vegetarian Sausage, Roasted Sweet Onion &amp; Thyme Toad in the Hole</p> <p><b>Sides:</b> Bulgur Wheat with Broccoli &amp; Spring Onion Garlic Roasted Potatoes Sauté Edamame Beans Honey Glazed Carrots</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Autumn Berry Trifle Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Sweet Potato &amp; Cumin (Low Fat)</p> <p><b>Main Course:</b> Italian Style Authentic Beef Lasagne</p> <p>MSC Pollock with Chorizo, Red Onion, Cherry Tomato &amp; Salsa Verdi (Low Fat)</p> <p><b>Vegetarian:</b> Butternut Squash, Aubergine &amp; Feta Moussaka</p> <p>Spicy Chickpea &amp; Cauliflower Fritter with Tomato &amp; Mango Salsa</p> <p><b>Sides:</b> Buckwheat, Leeks &amp; Pomegranate Parmentier Potatoes Fennel Seed &amp; Roasted Cauliflower Sauté Red Pepper, Fine Bean &amp; Onion</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Chocolate Caramel Shortbread Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Curried Cauliflower</p> <p><b>Main Course:</b> Traditional Roast Beef with Yorkshire Pudding &amp; Pan Roast Gravy</p> <p>Roast Chicken with Sage &amp; Onion Stuffing &amp; Gravy</p> <p><b>Vegetarian:</b> Lentil, Sweet Potato &amp; Caramelised Red Onion Casserole with Herb Crumble</p> <p>Sesame Vegetable Roast with Tomato &amp; Basil Sauce</p> <p><b>Sides:</b> Roast Potatoes Creamed Potato Chunky Carrots Roast Parsnips</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Oat Fruit Flapjack Fresh Fruit &amp; Yoghurts</p>

# Dinner, Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Soup:</b> Cauliflower, Garlic &amp; Roast Onion (Low Fat)</p> <p><b>Main Course:</b> Porchetta with Slow Roast Pepper &amp; Aubergine</p> <p>Malay Hake &amp; Chickpea Curry</p> <p><b>Vegetarian:</b> Slow Cooked Sweet Potato, Chickpea &amp; Spinach Dahl with Chapatti</p> <p>Greek Style, Spinach, Cottage Cheese Filo Pie</p> <p><b>Sides:</b> Red &amp; Basmati Rice Pilaf Garlic &amp; Rosemary Roast Potatoes Peas &amp; Green Beans with Mint Buttered Carrots</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Warm Creamed Rice Pudding with Raspberry &amp; White Chocolate Fresh Fruit &amp; Yoghurt</p>	<p><b>Soup:</b> Chinese Style Sweetcorn &amp; Spring Onion</p> <p><b>Main Course:</b> Gai Yang Prik Pao Thai Style BBQ Chicken</p> <p>Mac &amp; Cheese with Smoked Haddock &amp; Spring Onion</p> <p><b>Vegetarian:</b> Crispy Tofu with Stir-Fried Vegetables in Chilli Sauce with Toasted Sesame Seeds</p> <p>Vegetable Lasagne</p> <p><b>Sides:</b> Thai Style Edamame &amp; Freekeh Sweet Potato Fries Broccoli with Tahini Dressing Peas &amp; Sweetcorn</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Bitter Dark Chocolate Mousse Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Moroccan Chickpea (Low Fat, High Fibre)</p> <p><b>Main Course:</b> Jamaican Chicken Fried Rice &amp; Peas</p> <p>Pollock with Lemon, Chive &amp; Caper Butter Sauce</p> <p><b>Vegetarian:</b> Vegetable Enchilada</p> <p>Puy Lentil &amp; Mushroom Cottage Pie</p> <p><b>Sides:</b> Tri-Colour Quinoa with Black Beans &amp; Chimichurri Herb New Potatoes Cumin &amp; Coriander Roast Cauliflower Steamed Broccoli with Sauté Red Onions</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Fresh Cut Fruit with Vanilla Syrup &amp; Crème Fraiche Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Thai Sweet Potato (Low Fat)</p> <p><b>Main Course:</b> Beijing Braised Lamb with Sesame Brown Rice &amp; Sauté Greens</p> <p>Fishcake, Spinach &amp; Lemon Crème Fraiche</p> <p><b>Vegetarian:</b> Baked Cannelloni with Ricotta &amp; Roasted Squash</p> <p>Korean Aubergine Stir-Fry with Sesame Brown Rice</p> <p><b>Sides:</b> Green Lentils, Tomato &amp; Haricot Beans Brown Rice with Sesame Sauté Greens Roasted Root Vegetables</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Lemon Drizzle Cake Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Carrot, Ginger &amp; Turmeric Soup</p> <p><b>Main Course:</b> Chicken, Ham Hock &amp; Pea Pie with Tarragon &amp; Grain Mash</p> <p>Spiced Fish Taco with Shredded Pickled Veg, Chilli &amp; Lime Salsa &amp; Chipotle Mayonnaise</p> <p><b>Vegetarian:</b> Pea, Potato, Feta &amp; Mint Quesadilla</p> <p>Field Mushroom &amp; Polenta Wellington</p> <p><b>Sides:</b> Farro with Roast Garlic &amp; Leek Mustard Mash Broccoli, Kale &amp; Seeds Glazed Carrot with Thyme</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Coconut Pana Cotta with Mango &amp; Toasted Coconut Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Woodland Mushroom &amp; Tarragon (Low Fat)</p> <p><b>Main Course:</b> Cottage Pie</p> <p>Herb Crusted Roast Salmon</p> <p><b>Vegetarian:</b> Thai Green Tofu Curry with Basmati Rice</p> <p>Leek &amp; Smoked Cheese Tart with Sundried Tomato Chutney</p> <p><b>Sides:</b> Beluga Lentil with Roasted Red Pepper Wild &amp; Basmati Rice Steamed Green Beans &amp; Leeks Cauliflower Cheese with Toasted Pumpkin Seeds</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Chocolate Fudge Cake with Fresh Cream Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Red Lentil, Coconut &amp; Chilli Soup</p> <p><b>Main Course:</b> Roast Loin of Pork with Apple Chutney &amp; Pan Roast Gravy</p> <p>Roast Chicken Breast with Sage &amp; Onion Stuffing &amp; Gravy</p> <p><b>Vegetarian:</b> Swedish Meatballs with Sour Cabbage &amp; Gravy</p> <p>Vegetable Meatloaf with Gravy</p> <p><b>Sides:</b> Wild Rice &amp; Farro Roast Potatoes Creamed Potato Chunky Carrots Roast Parsnip</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Gooseberry &amp; Apple Oat Crumble Fresh Fruit &amp; Yoghurts</p>

# Dinner, Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Soup:</b> Pumpkin &amp; Ginger</p> <p><b>Main Course:</b> Beef Chettinad Madras</p> <p>Pan Roast Salmon Caponata</p> <p><b>Vegetarian:</b> Caramelised Onion &amp; Goats Cheese Parcel</p> <p>Chickpea Korma</p> <p><b>Sides:</b> Brown Rice Pilau with Chia Seeds Garlic Roast Potatoes Roast Med Veg Broccoli &amp; Squash Garnish</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Warm Chocolate Brownie with Whipped Cream Fresh Fruit &amp; Yoghurt</p>	<p><b>Soup:</b> Ribolitta</p> <p><b>Main Course:</b> Roast Chicken Breast with Tomato, Olive &amp; Caper Dressing</p> <p>Fish Pie with Smoked Salmon, Garden Peas &amp; Herb Crumb</p> <p><b>Vegetarian:</b> Aubergine, Courgette &amp; Pepper Wholemeal Lasagne with Spinach &amp; Ricotta</p> <p>Puy Lentil &amp; Wild Mushroom Pie</p> <p><b>Sides:</b> Freekeh Pilaf Parmentier Potatoes Green Beans &amp; Sauté Peppers Peas &amp; Leeks</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Cinnamon &amp; Berry Compote with Vanilla Custard Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Minestrone</p> <p><b>Main Course:</b> Bacon Tenderloin &amp; Maple with Wholegrain Mustard</p> <p>Hake &amp; Prawn Coconut Goan Curry</p> <p><b>Vegetarian:</b> Roast Cauliflower Tikka with Beluga Lentils</p> <p>Pumpkin Gnocchi with Sun Blushed Tomato</p> <p><b>Sides:</b> Wholegrain Rice Baby Garlic Roast Potatoes Honey Roast Carrot with Fennel Seeds Broccoli Florets</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Belgian Waffle with Vanilla Ice Cream &amp; Toffee Sauce Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Cumin, Red Onion &amp; Lentil</p> <p><b>Main Course:</b> Lamb Tagine with Fruity Herb Couscous</p> <p>Parmesan &amp; Spring Onion Fishcake with Tartare Sauce</p> <p><b>Vegetarian:</b> Roast Aubergine, Tomato &amp; Feta Tart with Honey Dressing</p> <p>Moroccan Vegetable Tagine with Chickpea &amp; Apricots</p> <p><b>Sides:</b> Roast Pepper &amp; Coriander Couscous Buttered New Potatoes with Flat Leaf Parsley Roast Cauliflower with Garlic &amp; Fennel Fine Beans, Pea &amp; Mint</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Tiramisu Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Chunky Squash &amp; Chickpea</p> <p><b>Main Course:</b> Pot Roast Brisket with Shallot &amp; Thyme Jus</p> <p>Deep Fried Cod in Batter</p> <p><b>Vegetarian:</b> Baked Macaroni Cheese with Crumbled Goats Cheese &amp; Pine Nuts</p> <p>Lentil, Spinach &amp; Cauliflower Dahl</p> <p><b>Sides:</b> Barley with Roast Garlic &amp; Parsley Broccoli &amp; Spring Onion Chips Carrots</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Fresh Cut Fruit with Vanilla Syrup &amp; Crème Fraiche Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Caldo Verdi</p> <p><b>Main Course:</b> Southern Fried Chicken, with Sweetcorn Chutney &amp; Pretzel Bap</p> <p>Baked Pollock with Creamed Leeks</p> <p><b>Vegetarian:</b> Cannellini Bean &amp; Cherry Tomato Pomodoro with Buckwheat Pasta</p> <p>Vegan Burger with Sweetcorn Chutney</p> <p><b>Sides:</b> Buckwheat Pasta Sweet Potato Fries Fine Beans Corn on the Cob</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Fruits of the Forest Cheesecake Fresh Fruit &amp; Yoghurts</p>	<p><b>Soup:</b> Cream of Tomato</p> <p><b>Main Course:</b> Roast Turkey with Sage &amp; Onion Stuffing &amp; Pan Roast Gravy</p> <p>Roast Pork Loin with Apple &amp; Raisin Chutney</p> <p><b>Vegetarian:</b> Chestnut Mushroom &amp; Broad Bean Risotto with Parsley Pesto</p> <p>Baked Vegetable Meatloaf with Rosemary &amp; Thyme Jus</p> <p><b>Sides:</b> Roast Potatoes Creamed Potato Chunky Carrots Roast Parsnips</p> <p><b>Salad Bar:</b> Mixed Leaf &amp; Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p><b>Dessert:</b> Chocolate &amp; Orange Sponge with Marmalade Glaze &amp; Custard Fresh Fruit &amp; Yoghurts</p>