

Dinner, Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Soup: Tomato & Roast Red Pepper (Low Fat)</p> <p>Main Course: Chicken Tikka Masala with Wholemeal Chapatti</p> <p>Fillet of MSC Pollock With Chorizo, Butterbean & Goats Cheese (Low Fat)</p> <p>Vegetarian: Vegetable Malabar Masala with Lentil & Chickpeas with Wholemeal Chapatti</p> <p>Three Cheese Gnocci with Tomato & Basil Fondue</p> <p>Sides: Buckwheat, Leeks and Pomegranate Basmati Rice Sweetcorn Broccoli</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Apple & Blackberry Crumble with Toasted Oats & Cream Fresh Fruit & Yoghurt</p>	<p>Soup: Carrot & Lentil (Low Fat)</p> <p>Main Course: Italian-style Authentic Beef Lasagne</p> <p>Homemade Smoked Haddock & Spring Onion Fishcake</p> <p>Vegetarian: Vegetarian Schnitzel with Roast Pepper & Monterey Jack Cheese</p> <p>Sweet Chilli Tempura Vegetables with Stir-fry Pak Choi & Beanshoots</p> <p>Sides: Quinoa & Barley with Coriander & Fennel Steamed New Potato Thyme Roast Carrots Green Beans</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Chocolate Caramel Shortbread Fresh Fruit & Yoghurts</p>	<p>Soup: Moroccan Chickpea (Low Fat)</p> <p>Main Course: Jamaican Fried Chicken with Rice & Peas</p> <p>Baked Salmon with Herb Crumb</p> <p>Vegetarian: Cumin Masala Paneer Kathi Rolls</p> <p>Chorizo Goulash</p> <p>Sides: Pea & Feta Pearl Barley with Roasted Red Onion Sweet Potato Fries Petit Pois Roast Chilli Butternut Squash</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Fresh Cut Fruit with Vanilla Syrup & Crème Fraiche Fresh Fruit & Yoghurts</p>	<p>Soup: Roasted Butternut Squash (Low Fat)</p> <p>Main Course: Beijin Braised Lamb with Sesame Brown Rice & Sauté Greens</p> <p>Peppered Tuna Steak (Low Fat)</p> <p>Vegetarian: Sweet Potato, Chickpea & Spinach Dahl (Low Fat)</p> <p>Lentil Pattie & Roast Vegetables with Baslamic Glazr</p> <p>Sides: Freekeh with Leeks, Spring Onions & Parsley Brown Rice Steamed Cauliflower Broccoli with Toasted Sesame Seeds</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Mango Mousse with Granola Fresh Fruit & Yoghurts</p>	<p>Soup: Cream of Celeriac</p> <p>Main Course: Pork Tenderloin with Roast Spiced Apple & Apricot</p> <p>Baked MSC Hake with Onion Bhaji Crumb</p> <p>Vegetarian: Cannellini Bean & Smoked Cheese Croquette</p> <p>Tumbet Roast Vegetables with Paprika</p> <p>Sides: Bulgur Wheat with Broccoli & Spring Onion Garlic Roasted Potatoes Sauté Edamame Beans Star Anise Glazed Carrots</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Sticky Toffee Pudding with Ice Cream & Butterscotch Sauce Fresh Fruit & Yoghurts</p>	<p>Soup: Miso Noodle Soup (Low Fat)</p> <p>Main Course: Chicken & Leek Pie</p> <p>MSC Spiced Pollock with Sour Cabbage & Apple</p> <p>Vegetarian: Woodland Mushroom Lasagne</p> <p>Spicy Chickpea & Cauliflower Pattie</p> <p>Sides: Freekah & Millet with Chilli and Coriander Parmentier Potatoes Fine Beans Sauté Red Pepper & Onion</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Double Chocolate or Blueberry Muffin Fresh Fruit & Yoghurts</p>	<p>Soup: Curried Cauliflower</p> <p>Main Course: Traditional Roast Beef with Yorkshire Pudding & Pan Roast Gravy</p> <p>Roast Chicken Breast with Sage & Onion Stuffing & Gravy</p> <p>Vegetarian: Vegetarian Shepherds Pie with Mashed Swede Topping</p> <p>Chargrilled Vegetables & Butterbean Wrapped Filo Pastry with Tomato & Basil Sauce</p> <p>Sides: Giant Couscous Tabbouleh with Cucumber & Mint Roast Potatoes Creamed Potato Chunky Carrots Roast Parsnips</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Warm Oat Fruit Flapjack Fresh Fruit & Yoghurts</p>

Dinner, Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Soup: Cauliflower, Garlic & Roast Onion (Low Fat)</p> <p>Main Course: Cheery Cola Glazed Chicken Butterfly</p> <p>Grilled Pollock, Onion & Green Pepper with Paprika</p> <p>Vegetarian: Dal Pakhwaan, Yellow Pea Dahl with Roast Beetroot & Crispy Chapatti</p> <p>Beetroot & Squash Wellington</p> <p>Sides: Beluga Lentil with Roast Red Pepper Spring Onion Cheesy Mash Cauliflower with Roast Red Chilli</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Lemon Drizzle Cake Fresh Fruit & Yoghurt</p>	<p>Soup: Chinese Style Sweetcorn & Spring Onion</p> <p>Main Course: Porchetta with Slow Roast Peppers & Aubergine</p> <p>Malay Hake & Chickpea Curry</p> <p>Vegetarian: Lentil & Vegetable Cornish Pasty</p> <p>Baked Squash with Chilli & Mozzarella</p> <p>Sides: Green Lentils, Tomato & Haricot Beans Garlic & Rosemary Roast Potatoes Steamed Broccoli Peas & Sweetcorn</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Creamed Rice Pudding & Peach with Granola Topping Fresh Fruit & Yoghurts</p>	<p>Soup: Moroccan Chickpea (Low Fat, High Fibre)</p> <p>Main Course: Chicken Kiev Stuffed with Garlic & Parsley Butter, in Crispy Panko Crumb</p> <p>Miso Glazed Pollock</p> <p>Vegetarian: Wensleydale & Leek Tart with Onion Chutney</p> <p>Charred Tofu with Stir-fried Vegetables, Toasted Sesame Seeds & Chilli Sauce</p> <p>Sides: Red & Basmati Rice Herb New Potatoes Sauté Greens Panche of Vegetables</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Fresh Cut Fruit with Vanilla Syrup & Crème Fraiche Fresh Fruit & Yoghurts</p>	<p>Soup: Thai Sweet Potato (Low Fat)</p> <p>Main Course: Lamb Jalfrezi with Naan Bread</p> <p>Salmon, Hake & Garden Pea Fishcake</p> <p>Vegetarian: Baked Cannelloni with Ricotta & Roasted Squash</p> <p>Lagan Nu Ishtew, Tikka Masala Stew</p> <p>Sides: Onion Pilau Quinoa with Basil & Sun-dried Tomato Sesame Green Bean with Roast Onion Roast Cauliflower</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Bitter Dark Chocolate Mousse Fresh Fruit & Yoghurts</p>	<p>Soup: Carrot, Ginger & Turmeric Soup</p> <p>Main Course: Chicken, Ham Hock & Pea Pie with Tarragon & Grain Mash</p> <p>Spiced Fish Taco with Shredded Pickled Veg, Chilli & Lime Salsa & Chipotle Mayonnaise</p> <p>Vegetarian: Field Mushroom & Creamed Leek Tart with Pumpkin Seed & Oatmeal Crumble</p> <p>Mac 'n' Cheese with Roast Cheese Tomatoes & Basil Pesto</p> <p>Sides: Farro with Roast Garlic & Leek Mustard Mash Broccoli, Kale & Seeds Glazed Carrot with Thyme</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Lime Mousse with Toasted Coconut Fresh Fruit & Yoghurts</p>	<p>Soup: Woodland Mushroom & Tarragon (Low Fat)</p> <p>Main Course: Shepherd Pie made with Pulled Lamb Shoulder</p> <p>Salmon Lacki</p> <p>Vegetarian: Vegetable Lasagne</p> <p>Thai Green Tofu Curry</p> <p>Sides: Thai-style Edamame & Freekah Wild & Basmati Rice Steamed Green Beans & Leeks Braised Red Cabbage</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Peach & Apple Crumble with Oat Cinnamon Crumble Fresh Fruit & Yoghurts</p>	<p>Soup: Red Lentil, Coconut & Chilli Soup</p> <p>Main Course: Roast Loin of Pork with Apple Chutney & Pan Roast Gravy</p> <p>Roast Chicken Breast with Sage & Onion Stuffing & Gravy</p> <p>Vegetarian: Swedish Quorn Meatballs with Sour Cabbage & Gravy</p> <p>Vegetable Meatloaf</p> <p>Sides: Wild Rice & Farro Roast Potatoes Creamed Potato Chunky Carrots Roast Parsnip</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Chocolate Fudge Cake with Cream Fresh Fruit & Yoghurts</p>

Dinner, Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Soup: Pumpkin & Ginger</p> <p>Main Course: Beef Madras</p> <p>Steamed Hake Caponata</p> <p>Vegetarian: Caramelised Onion & Goats Cheese 'Sausage' Roll</p> <p>Chickpea Korma</p> <p>Sides: Brown Rice Pilau with Chia Seeds Garlic Roast Potatoes Roast Med Veg Broccoli & Squash Garnish</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Warm Chocolate Brownie with Whipped Cream Fresh Fruit & Yoghurt</p>	<p>Soup: Ribollita</p> <p>Main Course: Roast Chicken Breast with Tomato, Olive & Caper Dressing</p> <p>Pan Roast Salmon Fillet with Wholegrain Pasta and Sauce Vierge</p> <p>Vegetarian: Aubergine, Courgette & Pepper with Wholemeal Fusille, Spinach & Ricotta</p> <p>Vada Paay Bombay-style Potato Croquette in a Chickpea Batter, with a Spicy Chutney</p> <p>Sides: Freekeh Pilaf Parmentier Potatoes Green Beans & Sauté Peppers Peas & Leeks</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Frosted Ginger Parkin Fresh Fruit & Yoghurts</p>	<p>Soup: Cumin, Red Onion and Lentil</p> <p>Main Course: Bacon Tenderloin & Maple with Wholegrain Mustard</p> <p>Goan Fish Pie with King Prawns & Sweet Potato Topping</p> <p>Vegetarian: Quorn Chilli with Avocado Salsa</p> <p>Pumpkin Gnocchi with Sun Blushed Tomato</p> <p>Sides: Wholegrain Rice Baby Garlic Roast Potatoes Roast Squash with Fennel Seeds and Honey Broccoli Florets</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Fresh Cut Fruit with Vanilla Syrup and Crème Fraiche Fresh Fruit & Yoghurts</p>	<p>Soup: Italian Pistou Soup</p> <p>Main Course: Chicken Tagine with Fruity Herb Couscous</p> <p>Thai Spiced Fishcake with Tartare Sauce</p> <p>Vegetarian: Roast Aubergine, Tomato & Feta Tart with a Honey Dressing</p> <p>Field Mushroom and Chickpea Tagine</p> <p>Sides: Roast Pepper & Coriander Couscous Spicy Jacket Wedges Roast Curried Roast Cauliflower Green Beans with Edamame Sesame Dressing</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Raspberry Ripple Cheesecake Fresh Fruit & Yoghurts</p>	<p>Soup: Chunky Squash & Chickpea</p> <p>Main Course: Pot Roast Brisket with Shallot & Thyme Jus</p> <p>Deep Fried Fish in Batter</p> <p>Vegetarian: Baked Macaroni Cheese with Leek, Artichoke & Roast Cherry Tomatoes</p> <p>Lentil, Spinach & Cauliflower Dahl</p> <p>Sides: Barley with Roast Garlic & Parsley Broccoli & Spring Onion Carrots Chips</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Chocolate Cream Dairy Sponge Fresh Fruit & Yoghurts</p>	<p>Soup: Caldo Verdi</p> <p>Main Course: Glazed Piri-piri Butterfly Chicken, Sweetcorn Chutney & Pretzel Bap</p> <p>Baked Pollock with Herb Crumb and Lemon Pearl Barley Risotto</p> <p>Vegetarian: Cannellini Bean & Cherry Tomato Pomodoro with Buckwheat Pasta</p> <p>Vegan Burger with Sweetcorn Chutney</p> <p>Sides: Buckwheat Pasta Sweet Potato Fries Fine Beans Corn on the Cob</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Lemon & Poppy Seed or White Chocolate & Raspberry Muffin Fresh Fruit & Yoghurts</p>	<p>Soup: Cream of Tomato</p> <p>Main Course: Roast Turkey with Sage & Onion Stuffing & Pan Roast Gravy</p> <p>Roast Pork Loin with a Mustard and Honey Glaze</p> <p>Vegetarian: Puy Lentil and Wild Mushroom Pie</p> <p>Barley & Potato Cake with Roast Squash</p> <p>Sides: Roast Potatoes Creamed Potato Chunky Carrots Roast Parsnips</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Chocolate & Orange Sponge with Custard Fresh Fruit & Yoghurts</p>