

Dinner, Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Soup: Chestnut Mushroom & Tarragon</p> <p>Main Course: Turkey, Mushroom & Miso Broth with Rice Noodles</p> <p>Cod with Butterbean & Swiss Chard</p> <p>Vegetarian: Tomato & Sweet Onion Carbonara with Kale & Toasted Seeds</p> <p>Vegetable Pad Thai with Jackfruit</p> <p>Sides: Buckwheat, Leeks & Pomegranate Rice Noodles Broccoli Sauté Red Pepper & Onion</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Chocolate & Pear Pudding with Cream & Butterscotch Sauce</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Spicy Butternut Squash</p> <p>Main Course: Thyme Grilled Chicken with Barley Risotto</p> <p>Moroccan Style Tuna with Lemon & Herb Couscous</p> <p>Vegetarian: Vegetarian Schnitzel Roast Pepper & Monterey Jack</p> <p>Moroccan Chickpea, Squash & Cavolo Nero Stew</p> <p>Sides: Couscous with Pomegranate & Coriander Steamed New Potato Roast Carrots Green Beans</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Salted Caramel Pana Cotta</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Sweetcorn Chowder</p> <p>Main Course: Italian Style Authentic Beef Lasagne</p> <p>One Pot Paprika Baked Pollock & Chickpeas</p> <p>Vegetarian: Mexican Chilli Mac N Cheese</p> <p>Cauliflower 'Shroom Steak Burger</p> <p>Sides: Four Bean with Red Pepper & Sweetcorn 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</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Yellow Pea & Roast Shallot</p> <p>Main Course: Cajun Chicken Thigh with Salad & Flat Bread</p> <p>Scandi-Style Salmon with Lemon Bulgur Wheat</p> <p>Vegetarian: Korean Sriracha Mushroom & Melted Cheese Quesadillas</p> <p>Sweet Potato Gnocchi with Broad Beans & Sweet Pea</p> <p>Sides: Bulgur Wheat with Broccoli & Spring Onion Brown Rice Fine Beans Thyme Glazed Carrots</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Cherry Clafoutis with Crème Fraiche</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Barley, Herb & Roast Garlic</p> <p>Main Course: Herb & Garlic Pork with Mixed Bean Cassoulet</p> <p>Tamarind Glazed Hake with Tomato & Coriander Pasta</p> <p>Vegetarian: Cannellini Bean & Roast Garlic Croquette.</p> <p>Slow Cooked Mushroom Stifado with Polenta</p> <p>Sides: Quinoa & Barley, Coriander & Fennel Garlic Roast Potatoes Broccoli with Toasted Sesame Seeds Steamed Cauliflower</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Chia Seed Rice Pudding with Peach Puree</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Borscht</p> <p>Main Course: Sweet Chilli Chicken with Brown Rice & Sauté Greens</p> <p>Baked Sea Bream with Lemon & Thyme</p> <p>Vegetarian: Woodland Mushroom Lasagne</p> <p>Mexican Chilli & Orange Marinated Tofu Kebab with Chimichurri</p> <p>Sides: Freekeh & Millet, Chilli & Coriander Parmentier Potatoes Sauté Greens Roast Sweetcorn</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Madeira Cake Slice</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Roast Cauliflower with Turmeric & Ginger</p> <p>Main Course: Traditional Roast Beef with Yorkshire Pudding & Pan Roast Gravy</p> <p>Roast Chicken Breast Sage & Onion Stuffing Roast Gravy</p> <p>Vegetarian: Root Vegetable Casserole Dumpling</p> <p>Chargrilled Vegetables & Butterbean Tomato & Basil Topped with Filo Pastry</p> <p>Sides: Barley Tabbouleh, with Cucumber & Mint 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: Caramel & Apple Bake</p> <p>Fresh Fruit & Yoghurts</p>

Dinner, Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Soup: Sweet Pea with Lettuce</p> <p>Main Course: Grilled Pork Steak with Sicilian Caponata</p> <p>Coley with Smokey Chorizo Paprika Sauce</p> <p>Vegetarian: Chipotle Bean Chilli with Baked Eggs V</p> <p>Vegetable Paella with Artichoke & Tenderstem Broccoli</p> <p>Sides: Beluga Lentil with Roasted Red Pepper Spring Onion & Parsley Potato Carrots with Toasted Caraway Cauliflower with Roast Red Chilli</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Iced Coconut Slice V</p> <p>Fresh Fruit & Yoghurt</p>	<p>Soup: Gazpacho</p> <p>Main Course: Honey & Mustard Chicken with Lemon & Parsley Brown Rice</p> <p>Piri Piri Pollock with Crushed Potatoes</p> <p>Vegetarian: Butternut Squash, Goats Cheese & Sun Blushed Tomato Lasagne</p> <p>Broad Bean & Broccoli Cassoulet with Bubble & Squeak</p> <p>Sides: Fregola with Roast Onion & Basil Chive Mash Potatoes Steamed Broccoli Peas & Sweetcorn</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Chocolate & Chia Seed Pot</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Mexican Tijuan</p> <p>Main Course: Lemon Roast Pork with Tabbouleh</p> <p>Goan Baked Hake with Pineapple with Coconut</p> <p>Vegetarian: Swedish Meatballs & Butterbean with Cream & Cranberry Gravy</p> <p>Puy Chilli Enchilada</p> <p>Sides: Red & Basmati Rice Herb New Potatoes Sauté Greens Panche of Veg</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</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Spinach & Watercress</p> <p>Main Course: Green Thai Chicken with Coconut & Lemongrass Rice</p> <p>Hot Smoked Salmon & Haddock Fishcake</p> <p>Vegetarian: Onion & White Bean Galette with Mediterranean Vegetables</p> <p>Korean Stew with Red Peppers & Veggie Meatballs</p> <p>Sides: Quinoa with Basil & Sundried Tomato Garlic Roast Rosemary Potatoes Edamame Bean with Roast Onion Roasted Cauliflower</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Caramel Apple Crumble with Fresh Cream</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Roast Garlic, Potato & Chive</p> <p>Main Course: Chilli Spiced Beef with Tortilla & Chimichurri</p> <p>Grilled Pollock with Salsa Rossa</p> <p>Vegetarian: Spinach, Mushroom & Feta Curry</p> <p>Sesame Tempura Vegetables with Stir-fry Pac Choi & Beanshoots</p> <p>Sides: Onion Pilau Farro with Roast Garlic & Leek 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: Rhubarb Fool with Honey & Toasted Oats</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Lentil & Coconut</p> <p>Main Course: Chicken, Mushroom, Tarragon & Spinach Filo Pie</p> <p>Tikka-style Salmon with Red Rice</p> <p>Vegetarian: Spinach, Roast Garlic & Sweet Potato Cannelloni</p> <p>Thai Red Tofu & Baby Corn Curry with Red Rice</p> <p>Sides: Green Lentils, Tomato & Haricot Beans Wild & Basmati Rice Green Bean, Leek Spiced Red Cabbage</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Chocolate Eclairs with Toffee Sauce</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Leek & Butterbean</p> <p>Main Course: Roast Loin Of Pork with Apple & Sultana Chutney & Pan Roast Gravy</p> <p>Thyme Roast Chicken Breast with Grain Mustard Sauce</p> <p>Vegetarian: Vegetarian Schnitzel with Roast Onion & Cherry Tomato</p> <p>Vegan 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: Warm Fruit Flap Jack</p> <p>Fresh Fruit & Yoghurts</p>

Dinner, Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Soup: Vegan Chorizo & Chickpea</p> <p>Main Course: Grilled Butterfly Pork Steak with Green Peppercorn Sauce</p> <p>Pollock with Crushed Pea, Leeks & Salsa Verdi</p> <p>Vegetarian: Caramelised Onion & Goats Cheese Roll</p> <p>Chickpea & Cauliflower Jalfrezi</p> <p>Sides: Brown Rice & Chia Seed Pilau Garlic Roast Roast Med Veg Broccoli & Squash</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Warm Strawberry Shortbread Vanilla Cream</p> <p>Fresh Fruit & Yoghurt</p>	<p>Soup: Vegetable Pesto</p> <p>Main Course: Poached Chicken with Herb Summer Broth & Truffle Gnocchi</p> <p>Miso Glazed Seabass with Ginger-infused Greens</p> <p>Vegetarian: Beetroot & Squash Wellington with Tomato Salsa</p> <p>Sticky Aubergine & Prune Khoesht</p> <p>Sides: Wholegrain Rice Parmentier Pots Green Beans & Sauté Peppers Peas & Leek</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Summer Fruits Cheesecake</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Vietnamese Green</p> <p>Main Course: Roast Pork Loin with Dijon Mustard & Chestnut Mushroom Sauce</p> <p>Teriyaki Tuna with Vietnamese Pickled Vegetables</p> <p>Vegetarian: Miso Glazed Aubergine with Pickled Vegetables</p> <p>Spring Onion Polenta Cake with Spinach & Leek</p> <p>Sides: Freekeh Pilaf Baby Garlic Roast Roast Squash with Fennel Seed & 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 with Crème Fraiche</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Citrus Bean & Coconut</p> <p>Main Course: Breaded Chicken Schnitzel with Puttanesca Sauce</p> <p>Masala Spiced Fishcake with Mango & Coriander Salsa</p> <p>Vegetarian: Artichoke, Goats Cheese & Spinach Tart with A Honey Dressing</p> <p>Oaxaca Taco with Stew & Smokey Greens</p> <p>Sides: Freekeh with Leeks Spring Onions & Parsley Spicy Jacket Wedges Mango & Lemon 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: Coconut Pana Cotta with Pineapple Compote</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Quinoa & Roast Veg</p> <p>Main Course: Summer Lamb Cassoulet with White Beans, Chard, Spinach & Basil Pistou</p> <p>Deep Fried Fish in Batter</p> <p>Vegetarian: Jumbo Vegan Paprika Sausage with Corn Roll & Apple Slaw</p> <p>Smokey Aubergine Tagine with Roast Sweet Potato</p> <p>Sides: Barley with Roast Garlic & Parsley Chips Sesame Carrots Broccoli & Spring Onion</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Warm Chocolate Muffin Tray Bake with Butterscotch Sauce</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Miso, Tofu & Cabbage</p> <p>Main Course: Hickory Smoked BBQ Butterfly Chicken, Pretzel Bap & Sweetcorn Chutney</p> <p>Grilled Hake with Roast Peppers, Courgette & Fresh Herbs</p> <p>Vegetarian: Black Bean Burger, Pretzel Bap & Barbecued Sweetcorn</p> <p>Mushroom Sausage & Roast Squash Cassoulet</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: Toffee Teaser Slice</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Chickpea & Harissa</p> <p>Main Course: Roast Turkey with Sage & Onion Stuffing with Pan Roast Gravy</p> <p>Roast Pork Loin with Dijon Mustard & Chestnut Mushroom Sauce</p> <p>Vegetarian: Quorn Fillet with Dijon Mustard & Chestnut Mushroom Sauce</p> <p>Puy Lentil & Wild Mushroom Pie</p> <p>Sides: Red Quinoa & Basil 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: Victoria Sponge Cake</p> <p>Fresh Fruit & Yoghurts</p>