

Dinner, Week 1

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

Dinner, Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Soup: Cauliflower, Garlic & Roast Onion</p> <p>Main Course: Porchetta with Slow Roast Peppers & Aubergines</p> <p>Malay Hake & Chickpea Curry</p> <p>Vegetarian: Slow Cooked Sweet Potato, Chickpea & Spinach Dahl with Chapatti</p> <p>Greek-style Spinach & Cottage Cheese Filo Pie</p> <p>Sides: Red & Basmati Rice Garlic & Rosemary Roast Potatoes Peas, Green Beans & Mint Buttered Carrots</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Rice Pudding with Raspberry & White Chocolate Fresh Fruit & Yoghurt</p>	<p>Soup: Chinese Style Sweetcorn & Spring Onion</p> <p>Main Course: Gai Yang Prik Pao Thai-style BBQ Chicken</p> <p>Mac & Cheese with Smoked Haddock & Spring Onion</p> <p>Vegetarian: Crispy Tofu with Stir-fried Vegetables, Chilli Sauce & Toasted Sesame Seeds</p> <p>Vegetable Lasagne</p> <p>Sides: Thai-style Edamame & Freekah Sweet Potato Fries Broccoli & Tahini Dressing Peas & Sweetcorn</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: Moroccan Chickpea</p> <p>Main Course: Jamaican Fried Chicken Rice & Peas</p> <p>Pollock with Lemon, Chive & Caper Butter Sauce</p> <p>Vegetarian: Vegetable Enchilada</p> <p>Celeriac Katsu</p> <p>Sides: Tri-colour Quinoa with Black Beans & Chimichurri Herb New Potatoes Cumin & Coriander Roast Cauliflower Steamed Broccoli with Sautéed Red Onions</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</p> <p>Main Course: Beijin Braised Lamb</p> <p>Fishcake, Spinach & Lemon Crème Fraiche</p> <p>Vegetarian: Baked Cannelloni with Ricotta & Roasted Squash</p> <p>Korean Aubergine Stir-fry</p> <p>Sides: Brown Rice with Sesame Green Lentils, Tomato & Haricot Beans Sauté Greens Roasted Root Vegetables</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</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: Pea, Potato, Feta & Mint Quesadilla</p> <p>Field Mushroom & Polenta Wellington</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: Coconut Panna Cotta with Mango & Toasted Coconut Fresh Fruit & Yoghurts</p>	<p>Soup: Woodland Mushroom & Tarragon</p> <p>Main Course: Cottage Pie</p> <p>Herb Crusted Roast Salmon</p> <p>Vegetarian: Thai Green Tofu Curry</p> <p>Leek & Smoked Cheese Tart with Sundried Tomato Chutney</p> <p>Sides: Beluga Lentil with Roasted Red Pepper Wild & Basmati Rice Steamed Green Beans & Leeks Cauliflower Cheese with Toasted Pumpkin Seeds</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>	<p>Soup: Red Lentil, Coconut & Chilli</p> <p>Main Course: Roast Loin of Pork with Apple Chutney & Gravy</p> <p>Roast Chicken Breast with Sage & Onion Stuffing & Gravy</p> <p>Vegetarian: Swedish Quorn Meatballs with Sour Cabbage & Gravy</p> <p>Puy Lentil & Mushroom Cottage Pie</p> <p>Sides: Wild Rice & Farro Roast Potatoes Creamed Mashed Potato Chunky Carrots Roast Parsnip</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Gooseberry & Apple Oat Crumble 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>Pan Roast Salmon Caponata</p> <p>Vegetarian: Caramelised Onion & Goats Cheese Parcel</p> <p>Chickpea Korma</p> <p>Sides: Brown Rice with Chia Seeds Garlic Roast Potatoes Roast Med Vegetables 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: Ribolitta</p> <p>Main Course: Roast Chicken Breast with Tomato, Olive & Caper Dressing</p> <p>Baked Pollock with Creamed Leeks</p> <p>Vegetarian: Aubergine, Courgette & Pepper with Wholemeal Lasagne, Spinach & Ricotta</p> <p>Piri Piri Quorn Meatballs</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: Cinnamon & Berry Compote with Vanilla Custard Fresh Fruit & Yoghurts</p>	<p>Soup: Minestrone</p> <p>Main Course: Bacon Tenderloin & Maple with Wholegrain Mustard</p> <p>Hake, Prawn & Coconut Goan Curry</p> <p>Vegetarian: Roast Cauliflower Tikka with Beluga Lentils</p> <p>Pumpkin Gnocchi with Sundried Tomato</p> <p>Sides: Wholegrain Rice Baby Garlic Roast Potatoes Roast Carrot with Fennel Seeds & Honey Broccoli Florets</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Belgian Waffle with Vanilla Ice Cream & Toffee Sauce Fresh Fruit & Yoghurts</p>	<p>Soup: Cumin, Red Onion & Lentil</p> <p>Main Course: Lamb Tagine with Fruity Herb Couscous</p> <p>Parmesan & Spring Onion Fishcake with Tartare Sauce & Lemon</p> <p>Vegetarian: Roast Aubergine, Tomato & Feta Tart with a Honey Dressing</p> <p>Moroccan Vegetable Tagine with Chickpea & Apricots</p> <p>Sides: Roast Pepper & Coriander Couscous Buttered New Potatoes with Parsley Curried Roast Cauliflower with Garlic & Fennel Fine Beans, Peas & Mint</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Tiramisu Fresh Fruit & Yoghurts</p>	<p>Soup: Chunky Squash & Chickpea</p> <p>Main Course: Pot Roast Brisket with Shallot & Thyme Jus</p> <p>Deep Fried Cod in Batter</p> <p>Vegetarian: Baked Macaroni Cheese with Goats Cheese & Pine Nuts</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: Fruit Salad with Vanilla Syrup & Crème Fraiche Fresh Fruit & Yoghurts</p>	<p>Soup: Caldo Verdi</p> <p>Main Course: Southern Fried Chicken with Sweetcorn Chutney & Pretzel Bun</p> <p>Grilled Salmon with Cherry Tomato Salsa</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: Fruits of the Forest Cheesecake Fresh Fruit & Yoghurts</p>	<p>Soup: Cream of Tomato</p> <p>Main Course: Roast Turkey with Sage & Onion Stuffing & Gravy</p> <p>Roast Pork Loin with Apple & Raisin Chutney</p> <p>Vegetarian: Chestnut Mushroom & Broad Bean Risotto with Parsley Pesto</p> <p>Baked Vegetable Meatloaf with Rosemary & Thyme Jus</p> <p>Sides: Roast Potatoes Creamed Mash 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 Marmalade Glaze & Custard Fresh Fruit & Yoghurts</p>