

Dinner, Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Soup: Tomato & Roast Red Pepper</p> <p>Main Course: Chicken Tikka Masala with Wholemeal Chapatti</p> <p>Pollock with Chorizo, Butterbean & Goats Cheese</p> <p>Vegetarian: Vegetable Malabar Masala with Lentil, Chickpeas & Wholemeal Chapatti</p> <p>3 Cheese Gnocchi with Tomato & Basil Fondue</p> <p>Sides: Buckwheat, Leeks & 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</p> <p>Fresh Fruit & Yoghurt</p>	<p>Soup: Carrot & Lentil</p> <p>Main Course: Beef Lasagne</p> <p>Homemade Smoked Haddock & Spring Onion Fishcake</p> <p>Vegetarian: Vegetarian Schnitzl with Roast Pepper & Monterayjack</p> <p>Sweet Chilli Tempura Vegetables with Stir-fry Pak Choi & Beanshoots</p> <p>Sides: Quinoa & Barley, Coriander & Fennel New Potatoes 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</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Moroccan Chickpea</p> <p>Main Course: Jamaican Fried Chicken with Rice & Peas (GF)</p> <p>Baked Salmon with Herb Crumb</p> <p>Vegetarian: Cumin Masala Paneer with Kathi Rolls</p> <p>Chorizo Goulash</p> <p>Sides: Pea & Feta Pearl Barley with Roast 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 Fruit with Vanilla Syrup & Crème Fraiche</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Roast Butternut Squash</p> <p>Main Course: Braised Lamb with Sesame Brown Rice and Sauté Greens</p> <p>Peppered Tuna Steak</p> <p>Vegetarian: Sweet Potato, Chickpea & Spinach Dahl</p> <p>Cannellini Bean & Smoked Cheese Croquette</p> <p>Sides: Freekeh with Leeks, Spring Onion & Parsley Brown Rice 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</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Cream of Celeriac</p> <p>Main Course: NANDOS Piri Piri Charred Chicken</p> <p>Lemon & Herb Charred Chicken</p> <p>Spicy Chicken Wings</p> <p>Vegetarian: Veggie Bean Pattie</p> <p>Portobello Mushroom & Halloumi</p> <p>Sides: Spicy Rice Garlic Bread Corn on the Cob Seasoned Fries</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Sticky Toffee Pudding with Butterscotch Sauce & Ice Cream</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Miso Noodle</p> <p>Main Course: Chicken & Leek Pie</p> <p>Pollock with Sour Cabbage & Apple</p> <p>Vegetarian: Woodland Mushroom Lasagne</p> <p>Spicy Chickpea & Cauliflower Fritter</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: Double Chocolate or Blueberry Muffin</p> <p>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: Veggie Shepherd's Pie with Mashed Swede</p> <p>Chargrilled Vegetables & Butterbean wrapped Filo Pastry with Tomato & Basil Sauce</p> <p>Sides: Giant Couscous Tabbouleh with Cucumber & Mint 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: Warm Oat Fruit Flapjack</p> <p>Fresh Fruit & Yoghurts</p>

Dinner, Week 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Soup: Cauliflower, Garlic & Roast Onion</p> <p>Main Course: Lemon & Oregano Chicken Butterfly</p> <p>Grilled Pollock, Onion & Green Pepper with Paprika</p> <p>Vegetarian: Daal Pakhwaan, 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 Chilli</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Lemon Drizzle Cake</p> <p>Fresh Fruit & Yoghurt</p>	<p>Soup: Chinese-style Sweetcorn & Spring Onion</p> <p>Main Course: Porchetta with Roast Peppers & Aubergines</p> <p>Malay Hake & Chickpea & Curry</p> <p>Vegetarian: Vegetable Cornish Pasty</p> <p>Baked Squash with Chilli & Mozzarella</p> <p>Sides: Green Lentils, Tomato & Haricot Beans Garlic Roast Rosemary Potatoes 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</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Moroccan Chickpea</p> <p>Main Course: Chicken Kiev stuffed with Garlic & Parsley Butter</p> <p>Miso Glazed Pollock</p> <p>Vegetarian: Wensleydale & Leek Tart with Onion Chutney</p> <p>Charred Tofu with Stir-fried Vegetables, Chilli Sauce & Toasted Sesame Seeds</p> <p>Sides: Red & Basmati Rice Herb New Potatoes Sauté Greens Trio 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</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Thai Sweet Potato</p> <p>Main Course: Lamb Jalfrezi with Naan</p> <p>Salmon, Hake & Pea Fishcake</p> <p>Vegetarian: Baked Cannelloni with Ricotta & Roast Squash</p> <p>Tikka Masala Stew</p> <p>Sides: Onion Pilau Rice Quinoa with Basil & Sundried Tomato Sesame Green Beans 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</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Carrot, Ginger & Turmeric</p> <p>Main Course: FIVE GUYS Cheeseburger</p> <p>Cola-glazed Chicken Burger</p> <p>Vegetarian: Beetroot Burger</p> <p>Louisiana-style Burger</p> <p>Sides: Skin-on Fries Mac 'n' Cheese with Bacon or Herb Crumb Corn on the Cob Pickles Selection Relish Selection with Beetroot Ketchup & Chipotle Mayo</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Lime Mousse with Toasted Coconut</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Woodland Mushroom & Tarragon</p> <p>Main Course: Shepherd's Pie</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 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 Topping</p> <p>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>Vegetable Meatloaf</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: Chocolate Fudge Cake with Cream</p> <p>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>Hake Caponata</p> <p>Vegetarian: Caramelised Onion & Goats Cheese 'Sausage' Roll</p> <p>Chickpea Goan Xacuti</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</p> <p>Fresh Fruit & Yoghurt</p>	<p>Soup: Ribollita</p> <p>Main Course: Roast Chicken Breast with Tomato, Olive & Caper Dressing</p> <p>Salmon with Wholegrain Pasta & Vierge Sauce</p> <p>Vegetarian: Aubergine, Courgette & Pepper Wholemeal Fusilli with Spinach & Ricotta</p> <p>Bombay-style Potato Croquette with 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</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Cumin, Red Onion & Lentil</p> <p>Main Course: Bacon Tenderloin & Maple with Wholegrain Mustard</p> <p>Goan Fish Pie with Prawns & Sweet Potato</p> <p>Vegetarian: Quorn Chilli with Avocado Salsa</p> <p>Pumpkin Gnocchi with Sundried Tomato</p> <p>Sides: Wholegrain Rice Baby Garlic Roast Potatoes Roast Squash with Fennel Seeds & Honey Broccoli</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Fresh Fruit with Vanilla Syrup & Crème Fraiche</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Italian Pistou</p> <p>Main Course: Chicken Tagine with Fruity Herb Couscous</p> <p>Thai Fishcakes</p> <p>Vegetarian: Roast Aubergine, Tomato & Feta Tart with a Honey Dressing</p> <p>Field Mushroom & Chickpea Tagine</p> <p>Sides: Roast Pepper & Coriander Couscous Spicy Jacket Wedges 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</p> <p>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: Chocolate Sponge</p> <p>Fresh Fruit & Yoghurts</p>	<p>Soup: Caldo Verdi</p> <p>Main Course: FISH 'N' CHIP SHOP Steak Pie</p> <p>Deep-fried Battered Fish</p> <p>Vegetarian: Cheddar & Potato Pie</p> <p>Deep-fried Banana Blossom</p> <p>Sides: Thick-cut Chips Mushy Peas Pickled Vegetables Curry Sauce, Gravy & Tartar Sauce</p> <p>Salad Bar: Mixed Leaf & Iceberg Lettuce Tomato Wedges Cucumber Slices Grated Carrot Coleslaw</p> <p>Dessert: Lemon & Poppyseed or White Chocolate & Raspberry Muffin</p> <p>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: Puy Lentil & Wild Mushroom Pie</p> <p>Barley & Potato Cake with Roast Squash</p> <p>Sides: Red Quinoa & Basil 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 Custard</p> <p>Fresh Fruit & Yoghurts</p>