

## Lunch menu Thursday 5 to Sunday 8 January

	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Mushroom &	Pea & mint	Butternut squash &	Brunch
	rosemary		ginger	
	Grilled pork chop	Breaded pollock	Sticky smoky BBQ	Grilled bacon
	with mango & lime	with lemon wedges	chicken thighs	Pork sausages
	salsa	& tomato relish		Scrambled eggs
	Crispy chicken	Halloumi & roast	Beef brisket with	Plum tomatoes
Nacio company	Katsu with coconut	pepper pasta bake	green peppers,	Mushrooms
Main courses	curry		onions & chilli	Baked beans
	Pea & spinach	Butternut squash,	Aubergine &	Hash browns
	risotto with goat's	spinach & lentil hot	spinach biryani	
	cheese & toasted	pot		Plant-based
	seeds			porridge station –
Sides	Brown rice	French fries	Harissa & mint	with toppings
	Lemon courgettes	BBQ baked beans	couscous	
	Baked squash with	Steamed petit pois	Sesame carrots	Selection of
	cumin		Steamed leeks	breakfast cereals
	Spicy beef & black	Chunky aubergine	Squash, goat's	
	bean	& courgette ragu	cheese &	Yoghurt station –
Pasta & jacket			watercress sauce	with fresh fruit,
potatoes	Red pepper,	Green herb pesto	Tomato, black olive	purées & toppings
	tomato & basil		& parsley sauce	
	sauce			Toasting station –
Hot dessert	Peach melba	Pear & blackberry	Apple crumble &	with deli bread,
	cobbler with cream	shortcrust pie with	custard	spreads &
		soya custard		preserves
Cold dessert	Raspberry & vanilla	Peaches with	Vegan "chocolate"	
	fool	elderflower yoghurt	chickpea mousse	



# Supper menu Thursday 5 to Sunday 8 January

	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses	Red lentil dhal with	BBQ pulled pork	Lamb, feta &	Chicken, chorizo &
	crispy sweet potato	baps with coriander	toasted seed pattie,	prawn paella with
	& cauliflower rice	mojo slaw	herb yoghurt	red pepper & peas
	Sticky sweet chilli	Butternut squash,	Baked squash with	Broccoli, spinach &
	chicken drumstick	red onion & rocket	spinach pesto,	blue cheese
	with coconut &	spelt risotto	goat's cheese &	sourdough toasties
	lime		pomegranate	
Sides	Salt & pepper	Lime & black bean	Roast potato	Baked tomatoes,
	potato wedges	rice	wedges with	peppers & onions
			rosemary & sumac	
	Crushed peas with	Corn with red		Caesar salad with
	lime & coriander	peppers & chilli	Cinnamon carrots	croutons &
			with herbs & crème	Parmesan
	Steamed greens	Garlic & thyme	fraiche	
	with soy & ginger	dressed carrots		
			Broccoli & kale with	
			garlic, cumin & lime	
Dessert	Frushi	Dark chocolate,	Sticky toffee &	Apple & banana oat
		berry & cream	apple pudding with	crumble with oat
		roulade	toffee sauce	custard



## Lunch menu Monday 9 to Sunday 15 January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Sweetcorn chowder	Sweet potato & lentil	Carrot & ginger	Creamy mushroom	Butternut squash	Cauliflower & cheddar	Brunch
	Lamb bolognaise with herb pesto	Leek, barley & mushroom cobbler	Tofu & vegetable hoisin stir fry	Pork with green peppers & black bean sauce	Battered pollock with lemon wedges & tartar sauce	Ham & mozzarella French bread pizza	Grilled bacon Pork sausages Scrambled eggs Plum tomatoes Mushrooms Baked beans Hash browns  Plant-based porridge station — with toppings
Main courses	Beef tomato, yellow pepper & hummus puff tart	Slow roast pork with apple vanilla sauce & gravy	Tikka masala chicken with yoghurt & tomato	Plant-based macaroni "no" cheese with crispy cauliflower	Southern spiced baked Quorn fillet	Turkey burger with gherkins, tomatoes, Cheddar cheese & brioche roll	
	Turkey & bean ragu with lemon & thyme	Tomato & mascarpone pasta bake with gremolata	Spinach, butterbean & Parmesan orzo pasta	Braised beef & vegetable hot pot	Butternut squash, sweetcorn & feta frittata	Lentil, spinach & sweet potato casserole	
Sides	Penne pasta Spiced roast cauliflower Rosemary crushed	Skin on roast potatoes Peas & courgettes Crushed swede	Cumin & coriander potatoes Steamed broccoli Roast carrots	Egg noodles Sautéed leeks Chilli & garlic roast root vegetables	Chunky chipped potatoes Mushy peas Baked peppered	Smoky paprika baked wedges Steamed spring greens	Selection of breakfast cereals  Yoghurt station –
	root vegetables Sweet potato & coconut curry	Tuna, sweetcorn & spring onions	Baked beans & Cheddar cheese	Cottage cheese, chives & lemon	tomatoes Chorizo, red pepper & basil	Baked squash Tomato & garlic sauce	with fresh fruit, purées & toppings
Pasta & jacket potatoes	Cheddar cheese & broccoli	Chunky tomato, bean & spinach	Classic beef ragu	Roast vegetable, tomato, feta & basil	Creamy squash & basil	Lamb & kidney bean chilli	Toasting station – with deli bread,
Hot dessert	Chocolate pudding with chocolate sauce	Apple & stem ginger crumble with custard	Crumble	Banana loaf cake with vanilla ice cream	Jam & coconut sponge with custard	Clementine cake with cardamom syrup	spreads & preserves
Cold dessert	Passion fruit & granola yoghurt	Banoffee pot	White chocolate & cranberry blondie	Mandarin segments & lime yoghurt	Seasonal berry pudding	Carrot & apple seeded bircher pot	



## Supper menu Monday 9 to Sunday 15 January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses	Shredded chicken thigh with	Slow cooked beef & root vegetable stew		Roast vegetable tart with haricot	Baked chicken leg with tomatoes,	Baked chicken with dates, olives &	Roast beef topside with Yorkshire
	coriander & lime	with rosemary dumplings	Feta cheese	bean hummus	green olives & oregano	oregano	pudding & apple horseradish
	Black beans with roasted tomato & onions	Stuffed squash with butter beans, green peppers & balsamic onion	Chickpea & spinach falafels  Stuffed vine leaves	Spiced lamb mince with pomegranate & pickled red cabbage	Stuffed aubergine with vegetable bulgur wheat, saffron yoghurt & dill	Honey roast cumin carrot, feta & apple filo	Breaded halloumi with root vegetable slaw & chutney
Sides	Crushed avocado Sour cream Pico de gallo Smoky potatoes Baked sweetcorn &	Leek & Cheddar mashed potatoes  Steamed peas & green beans  Baked roots with	Marinated olives Baked green peppers & red onions Olive oil tomatoes, dill cucumber & endive	Toasted wholemeal pitta  Creamed corn with chives  Seasonal greens	Israeli couscous with peppers & coriander  Sweet chilli fried greens	Harissa baked potatoes with preserved lemon Watermelon & mint salad	Thyme & Parmesan roast potatoes  Sticky balsamic beetroots  Steamed carrots &
tomato	tomato salad Biribando	rosemary & lemon	Cumin flatbreads Tzatziki	with roasted garlic oil	Creamy baked parsnip & leeks	Cauliflower tabbouleh	dill butter
Dessert	Apricot & mint betty with soya custard	Lime & chocolate cheesecake	Raspberry & mandarin trifle	Frushi	Rice pudding with berry compote	Apple & cinnamon turnover	Black cherry Bakewell slice



#### Lunch menu Monday 16 to Sunday 22 January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Spiced butternut	Tomato & basil	Carrot & orange	Curried parsnip	Vegetable & barley	Sweet potato &	Brunch
	squash				broth	coconut	
	Breaded chicken	Gnocchi with peas,	Pork steak with	Sticky chilli beef &	Battered pollock	Chipotle chicken	Grilled bacon
	schnitzel with	broad beans,	mushroom	vegetable noodles	with lemon, dill &	with lime &	Pork sausages
	tomato relish	spinach & rocket	stroganoff sauce		cracked pepper	coriander slaw	Scrambled eggs
		pesto			mayo		Plum tomatoes
	Butternut wedges	Pork, pepper &	Sweet potato,	Turkey steak with	Lamb tagine with	Potato, rosemary &	Mushrooms
Main courses	with bean ragu,	bean casserole with	chickpea & red	salsa verde	fruity couscous	goat's cheese pizza	Baked beans
	spinach & vegan	thyme	pepper stew				Hash browns
	mozzarella						
	Chorizo, cherry	Hoisin & five spice	Spaghetti with	Aubergine, lentil &	Quorn sausages	Mushroom & black	Plant-based
	tomato & basil	beef with pak choi	salmon, broccoli &	tomato moussaka	with caramelised	bean chili with	porridge station –
	pasta bake		pea crème fraiche		onion gravy	steamed rice	with toppings
Sides	Brown rice	Egg noodles	Buttery mashed	Tomato & oregano	Chunky chips	Warm dressed	
	Roast cauliflower	Lemon roast	potatoes	rice	Crushed peas & red	potato salad	Selection of
	Crushed squash &	broccoli	Honey steamed	Green beans	chilli	Savoy cabbage	breakfast cereals
	tomatoes	Charred root	greens	Roast carrots	Steamed corn	Roast root	
		vegetables	Sticky red cabbage			vegetables	Yoghurt station –
	Tuna mayonnaise	Spicy bean, chilli &	Baked beans &	Creamy lemon, pea	Beef massaman	Pork sausage & red	with fresh fruit,
Pasta & jacket		coriander stew	Cheddar cheese	& thyme	curry	pepper casserole	purées & toppings
potatoes	Spinach, nutmeg &	Chunky tomato &	Honey roast ham &	Roast yellow	Mushroom & blue	Spiced pumpkin &	
	parsnip	mascarpone	mustard	pepper & tomato	cheese	tomato	Toasting station –
Hot dessert	Pear & raspberry	Chilli, orange &	Crumble	Hot chocolate	Sticky toffee	Oat milk rice	with deli bread,
	crumble with	cornmeal cake		fudge cake with	pudding with sauce	pudding with seeds	spreads &
	custard			berry compote		& berries	preserves
Cold dessert	Lemon curd &	Mango & coconut	Blackberry &	Blueberry & lime	Cranberry, apple &	Orange & polenta	
	gingerbread	yoghurt	elderflower trifle	yoghurt	oat fool	cake with yoghurt	
	cheesecake						



## Supper menu Monday 16 to Sunday 22 January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses	Smoky pork	Turkey, ham & leek	Pork & sage	Red pepper &	Chunky beef &	Chilli baked fish	Squash, cauliflower
	sausage with	shortcrust pie	sausage rolls	spinach pasta bake	black bean chilli	with tahini, parsley	& pea crumble
	oregano, paprika,				with coriander	& lemon	
	tomatoes & red		Honey & mustard				
	onions		roast ham				
	Grilled cauliflower	Roast Romero		Classic fish pie with	Panko tofu with	Pea, za'tar & lemon	Pork shoulder steak
	steak with	peppers stuffed	Cheddar cheese	spinach & boiled	egg noodles,	fritters	with spiced pear
	Guasacaca	with quinoa, olives,	wedges	egg	shredded		chutney
		tomatoes & mint			vegetables & hoisin		
Sides	Chimichurri sauce Salsa criolla Baked potatoes with sea salt &	Sage & lemon new potatoes  Mustard carrots, squash & red	Pea, spinach & Wensleydale quiche Pickled pink onions	Rosemary & sea salt focaccia Roast broccoli with toasted pumpkin	Steamed long grain rice  Pan-fried seasonal greens	Bulgur wheat, tomato & lemon yoghurt Roast carrots with	Oregano & black pepper roasted potatoes Steamed cabbage &
	chilli	onions	Grapes & apple	seeds	greens	harissa	sugar snaps
	Black bean & tomato salad, roast squash & chickpeas		Cherry tomatoes, cucumber sticks & gem wedge	Smashed swede with cumin & chilli	Baked root vegetables with garlic & thyme	Spiced roast cauliflower with cumin, chilli & lime	Sticky roast carrots & dill
Dessert	Chocolate ripple cake with lime cream	Peach & berry cobbler with custard	Frosted seeded carrot & apple cake	Frushi	Berry & vanilla rice pudding pot	Cinnamon buns with vanilla icing	Plum clafoutis with cream



#### Lunch menu Monday 23 to Sunday 29 January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Leek & potato	Tomato & basil	Broccoli & spinach	Mushroom &	Pea & mint	Butternut squash &	Brunch
				rosemary		ginger	
	Hungarian beef	Baked jerk chicken	Italian squash &	Grilled pork chop	Breaded pollock	Sticky smoky BBQ	Grilled bacon
	goulash	with roast	chickpea stew	with mango & lime	with lemon wedges	chicken thighs	Pork sausages
		pineapple &		salsa	& tomato relish		Scrambled eggs
		peppers					Plum tomatoes
	Salmon fishcakes	Mushroom balti &	Honey & mustard	Crispy chicken	Halloumi & roast	Beef brisket with	Mushrooms
Main courses	with sundried	black bean Scotch	baked chicken leg	Katsu with coconut	pepper pasta bake	green peppers,	Baked beans
	tomatoes & olives	pie		curry		onions & chilli	Hash browns
	Sweet potato, pea	Cumberland	Classic beef lasagne	Pea & spinach	Butternut squash,	Aubergine &	
	& spinach cake	sausages with	al forno	risotto with goat's	spinach & lentil hot	spinach biryani	Plant-based
	with green slaw	baked apple, red		cheese & toasted	pot		porridge station –
		onions & gravy		seeds			with toppings
Sides	Mini baked	Black pepper	Garlic focaccia	Brown rice	French fries	Harissa & mint	
	potatoes	mashed potatoes	Steamed greens	Lemon courgettes	BBQ baked beans	couscous	Selection of
	Creamed corn	Crushed root	Roast red onions	Baked squash with	Steamed petit pois	Sesame carrots	breakfast cereals
	Maple roast carrots	vegetables		cumin		Steamed leeks	
		Steamed broccoli					Yoghurt station –
	Chunky turkey	Mushroom	Baked beans &	Spicy beef & black	Chunky aubergine	Squash, goat's	with fresh fruit,
	bolognaise	carbonara	Cheddar cheese	bean	& courgette ragu	cheese &	purées & toppings
Pasta & jacket						watercress sauce	
potatoes	Chestnut	Roast tomato &	Ham hock &	Red pepper,	Green herb pesto	Tomato, black olive	Toasting station –
	mushroom &	spinach sauce	creamy pea	tomato & basil		& parsley sauce	with deli bread,
	tarragon sauce			sauce			spreads &
Hot dessert	Raspberry jam	Classic chocolate	Crumble	Peach melba	Pear & blackberry	Apple crumble &	preserves
	sponge & custard	brownie		cobbler with cream	shortcrust pie with	custard	
					soya custard		
Cold dessert	Lemon curd &	Key lime pots with	Plum compote &	Raspberry & vanilla	Peaches with	Vegan "chocolate"	
	poppy seed	ginger biscuits	yoghurt with	fool	elderflower yoghurt	chickpea mousse	
	yoghurt		toasted oats			_	



## Supper menu Monday 23 to Sunday 29 January

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	oregano & chilli	Beef, swede & cracked black pepper pasty	Pesto grilled chicken  Mozzarella, pepper	crispy sweet potato & cauliflower rice	BBQ pulled pork baps with coriander mojo slaw	herb yoghurt	red pepper & peas
	• •	Black eyed bean, mushroom & avocado fajitas		Sticky sweet chilli chicken drumstick with coconut & lime	Butternut squash, red onion & rocket spelt risotto	Baked squash with spinach pesto, goat's cheese & pomegranate	Broccoli, spinach & blue cheese sourdough toasties
Sides	Pico de gallo	Sage & onion parmentier potatoes	Marinated olives Roast red peppers & courgettes	Salt & pepper potato wedges  Crushed peas with	Lime & black bean rice  Corn with red	Roast potato wedges with rosemary & sumac	Baked tomatoes, peppers & onions  Caesar salad with
	Mexican red rice Frilled corn & cheese Courgette & red onion salad	Maple roasted parsnips Green cabbage & apple	Cundried temptoes	lime & coriander  Steamed greens with soy & ginger	peppers & chilli Garlic & thyme dressed carrots	Cinnamon carrots with herbs & crème fraiche  Broccoli & kale with garlic, cumin & lime	croutons & Parmesan
Dessert	7 - 1 - 0 -	Blackberries & coconut cream crumble pot	Vanilla & raspberry fool	Frushi	Dark chocolate, berry & cream roulade	Sticky toffee & apple pudding with toffee sauce	Apple & banana oat crumble with oat custard



## Lunch menu Monday 30 January to Sunday 5 February

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Soup	Sweetcorn chowder	Sweet potato & lentil	Carrot & ginger	Creamy mushroom	Butternut squash	Cauliflower & cheddar	Brunch
	Lamb bolognaise with herb pesto	Leek, barley & mushroom cobbler	Tofu & vegetable hoisin stir fry	Pork with green peppers & black bean sauce	Battered pollock with lemon wedges & tartar sauce	Ham & mozzarella French bread pizza	Grilled bacon Pork sausages Scrambled eggs
Main courses	Beef tomato, yellow pepper & hummus puff tart	Slow roast pork with apple vanilla sauce & gravy	Tikka masala chicken with yoghurt & tomato	Plant-based macaroni "no" cheese with crispy cauliflower	Southern spiced baked Quorn fillet	Turkey burger with gherkins, tomatoes, Cheddar cheese & brioche roll	N 4 I
	Turkey & bean ragu with lemon & thyme	Tomato & mascarpone pasta bake with gremolata	Spinach, butterbean & Parmesan orzo pasta	Braised beef & vegetable hot pot	Butternut squash, sweetcorn & feta frittata	Lentil, spinach & sweet potato casserole	
Sides	Penne pasta Spiced roast cauliflower Rosemary crushed root vegetables	Skin on roast potatoes Peas & courgettes Crushed swede	Cumin & coriander potatoes Steamed broccoli Roast carrots	Egg noodles Sautéed leeks Chilli & garlic roast root vegetables	Chunky chipped potatoes Mushy peas Baked peppered tomatoes	Smoky paprika baked wedges Steamed spring greens Baked squash	Selection of breakfast cereals  Yoghurt station –
Pasta & jacket potatoes	Sweet potato & coconut curry Cheddar cheese & broccoli	Tuna, sweetcorn & spring onions Chunky tomato, bean & spinach	Baked beans & Cheddar cheese Classic beef ragu	Cottage cheese, chives & lemon Roast vegetable, tomato, feta & basil	Chorizo, red pepper & basil Creamy squash & basil	Tomato & garlic sauce Lamb & kidney bean chilli	with fresh fruit, purées & toppings Toasting station – with deli bread,
Hot dessert	Chocolate pudding with chocolate sauce	Apple & stem ginger crumble with custard	Crumble	Banana loaf cake with vanilla ice cream	Jam & coconut sponge with custard	Clementine cake with cardamom syrup	spreads & preserves
Cold dessert	Passion fruit & granola yoghurt	Banoffee pot	White chocolate & cranberry blondie	Mandarin segments & lime yoghurt	Seasonal berry pudding	Carrot & apple seeded bircher pot	



#### Supper menu Monday 30 January to Sunday 5 February

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Main courses	Shredded chicken	Slow cooked beef &	Lamb koftas	Roast vegetable	Baked chicken leg	Baked chicken with	Roast beef topside
	thigh with	root vegetable stew		tart with haricot	with tomatoes,	dates, olives &	with Yorkshire
	coriander & lime	with rosemary	Feta cheese	bean hummus	green olives &	oregano	pudding & apple
		dumplings			oregano		horseradish
	Black beans with	Stuffed squash with	Chickpea & spinach	Spiced lamb mince	Stuffed aubergine	Honey roast cumin	Breaded halloumi
	roasted tomato &	butter beans, green	falafels	with pomegranate	with vegetable	carrot, feta & apple	with root vegetable
	onions	peppers & balsamic		& pickled red	bulgur wheat,	filo	slaw & chutney
		onion	Stuffed vine leaves	cabbage	saffron yoghurt &		
					dill		
Sides	Crushed avocado	Leek & Cheddar	Marinated olives	Toasted wholemeal	Israeli couscous	Harissa baked	Thyme & Parmesan
	Sour cream	mashed potatoes	Baked green	pitta	with peppers &	potatoes with	roast potatoes
	Pico de gallo		peppers & red		coriander	preserved lemon	
		Steamed peas &	onions	Creamed corn with			Sticky balsamic
	Smoky potatoes	green beans	Olive oil tomatoes,	chives	Sweet chilli fried	Watermelon &	beetroots
			dill cucumber &		greens	mint salad	
	Baked sweetcorn &	Danca roots with	endive	Seasonal greens			Steamed carrots &
	tomato salad	rosemary & lemon	Cumin flatbreads	with roasted garlic	Creamy baked	Cauliflower	dill butter
			Tzatziki	oil	parsnip & leeks	tabbouleh	
	Biribando						
Dessert	Apricot & mint	Lime & chocolate	Raspberry &	Frushi	Rice pudding with	Apple & cinnamon	Black cherry
	betty with soya	cheesecake	mandarin trifle		berry compote	turnover	Bakewell slice
	custard						



## Lunch menu Monday 6 to Friday 10 February

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soup	Spiced butternut	Tomato & basil	Carrot & orange	Curried parsnip	Vegetable & barley
	squash				broth
	Breaded chicken	Gnocchi with peas,	Pork steak with	Sticky chilli beef &	Battered pollock
	schnitzel with	broad beans,	mushroom	vegetable noodles	with lemon, dill &
	tomato relish	spinach & rocket	stroganoff sauce		cracked pepper
		pesto			mayo
	Butternut wedges	Pork, pepper &	Sweet potato,	Turkey steak with	Lamb tagine with
Main courses	with bean ragu,	bean casserole with	chickpea & red	salsa verde	fruity couscous
	spinach & vegan	thyme	pepper stew		
	mozzarella				
	Chorizo, cherry	Hoisin & five spice	Spaghetti with	Aubergine, lentil &	Quorn sausages
	tomato & basil	beef with pak choi	salmon, broccoli &	tomato moussaka	with caramelised
	pasta bake		pea crème fraiche		onion gravy
Sides	Brown rice	Egg noodles	Buttery mashed	Tomato & oregano	Chunky chips
	Roast cauliflower	Lemon roast	potatoes	rice	Crushed peas & red
	Crushed squash &	broccoli	Honey steamed	Green beans	chilli
	tomatoes	Charred root	greens	Roast carrots	Steamed corn
		vegetables	Sticky red cabbage		
	Tuna mayonnaise	Spicy bean, chilli &	Baked beans &	Creamy lemon, pea	Beef massaman
Pasta & jacket		coriander stew	Cheddar cheese	& thyme	curry
potatoes	Spinach, nutmeg &	Chunky tomato &	Honey roast ham &	Roast yellow	Mushroom & blue
	parsnip	mascarpone	mustard	pepper & tomato	cheese
Hot dessert	Pear & raspberry	Chilli, orange &	Crumble	Hot chocolate	Sticky toffee
	crumble with	cornmeal cake		fudge cake with	pudding with sauce
	custard			berry compote	
Cold dessert	Lemon curd &	Mango & coconut	Blackberry &	Blueberry & lime	Cranberry, apple &
	gingerbread	yoghurt	elderflower trifle	yoghurt	oat fool
	cheesecake				



# Supper menu Monday 6 to Friday 10 February

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main courses	Smoky pork	Turkey, ham & leek	Pork & sage	Red pepper &	Chunky beef &
	sausage with	shortcrust pie	sausage rolls	spinach pasta bake	black bean chilli
	oregano, paprika,				with coriander
	tomatoes & red		Honey & mustard		
	onions		roast ham		
	Grilled cauliflower	Roast Romero		Classic fish pie with	Panko tofu with
	steak with	peppers stuffed	Cheddar cheese	spinach & boiled	egg noodles,
	Guasacaca	with quinoa, olives,	wedges	egg	shredded
		tomatoes & mint			vegetables & hoisin
Sides	Chimichurri sauce	Sage & lemon new	Pea, spinach &	Rosemary & sea	Steamed long grain
	Salsa criolla	potatoes	Wensleydale quiche	salt focaccia	rice
	Baked potatoes	Mustard carrots,	Pickled pink onions	Roast broccoli with	Pan-fried seasonal
	with sea salt &	squash & red		toasted pumpkin	greens
	chilli	onions	Grapes & apple	seeds	
					Baked root
	Black bean &	Grilled corn cobs	Cherry tomatoes,	Smashed swede	vegetables with
	tomato salad, roast		cucumber sticks &	with cumin & chilli	garlic & thyme
	squash & chickpeas		gem wedge		
Dessert	Chocolate ripple	Peach & berry	Frosted seeded	Frushi	Berry & vanilla rice
	cake with lime	cobbler with	carrot & apple cake		pudding pot
	cream	custard			