Monday

Lunch

Roast vegetable soup (Vegan)
Chicken parmigiana with tomato and basil spaghetti
Aubergine parmigiana with garlic bread and mixed leaves
Chocolate cupcake
Or fruit portion

Dinner

Roast vegetable soup (Vegan)
Middle Eastern lamb stuffed butternut squash with sumac soured cream and mixed salad
Middle Eastern oat meatball stuffed butternut squash with sumac soured cream and mixed salad
Chocolate cupcake
Or fruit portion

Tuesday

Lunch

Curried broccoli soup (Vegan)
Teriyaki gammon roast with pineapple salsa and soy and ginger-dressed grains
Teriyaki tempeh with pineapple salsa and soy and ginger-dressed grains
Blueberry and lime drizzle
Or fruit portion

Dinner

Curried broccoli soup (Vegan)
Chicken and shrimp paella
Vegetarian gumbo with rice
Blueberry and lime drizzle
Or fruit portion

**Wednesday**

**Lunch**

Roast pepper and lentil soup (Vegan)
Lahmacun: spicy lamb mince on flatbread, served with pickled red cabbage and tzatziki
Israel shakshuka with flatbread
Fruit crumble with custard
Or fruit portion

**Dinner**

Roast pepper and lentil soup (Vegan)
Cumberland sausages and mashed potatoes with caramelised onion gravy and steamed peas
Carrot and coriander sausage with mashed potato, vegetarian gravy and steamed peas
Fruit crumble with custard
Or fruit portion

**Thursday**

**Lunch**

Tomato and basil soup (Vegan)
Classic cottage pie with steamed winter greens
Lentil and vegetable pie with steamed winter greens
Coconut and lemon curd trifle
Or fruit portion

**Dinner**

Tomato and basil soup (Vegan)
Moroccan chicken tagine with couscous and saffron yoghurt dressing
Moroccan vegetable and chickpea tagine with couscous and saffron yoghurt dressing
Coconut and lemon curd trifle
Or fruit portion
**Friday**

**Lunch**

Pea and mint soup (Vegan)
Tikka masala fish in a bag with sauté new potatoes and salad
Greek spanakopita with mixed salad and sauté new potatoes
Chocolate fudge cake with toffee sauce
Or fruit portion

**Dinner**

Pea and mint soup (Vegan)
American hot dog with yellow mustard, sauerkraut, crispy onions and chips
Vegan Sloppy Joe with cheese and chips
Chocolate fudge cake with toffee sauce
Or fruit portion

**Saturday**

**Lunch**

Potato and leek soup (Vegan)
Pork katsu curry with rice and grilled gems
Tofu katsu curry with rice and grilled gems
Key lime pie
Or fruit portion

**Dinner**

Potato and leek soup (Vegan)
Classic spaghetti Bolognese with garlic bread and mixed leaves
Spaghetti aglio e olio with sun blushed tomato and asparagus with garlic bread
Key lime pie
Or fruit portion
Sunday

Lunch

Maple roast carrot soup (Vegan)

Slow roasted beef brisket with Yorkshire pudding, roasted potatoes, winter greens and gravy

Mixed mushroom pot roast with Yorkshire pudding and winter greens

Stem ginger cake

Or fruit portion

Dinner

Maple roast carrot soup (Vegan)

Thai chicken curry with steamed rice and mango chutney

Thai vegetable and pulled oat curry with steamed rice and mango chutney

Stem ginger cake

Or fruit portion