Menu
26 April – 2 May 2021

Monday

Lunch

Harissa and red pepper soup (Vegan)
Lamb koftas, hummus, pickled red onions, flatbread
Pulled oat koftas, hummus, pickled red onions, flatbread
Summer berry fruit yoghurt fool and biscuit pot
Or fruit portion

Dinner

Harissa and red pepper soup (Vegan)
Poached pangasius fillet, courgette and bean ragout, mashed potatoes and lemon
Tofu fish fillet, courgette and bean ragout, mashed potato and lemon
Summer berry fruit yoghurt fool and biscuit pot
Or fruit portion

Tuesday

Lunch

Country bean and chickpea soup (Vegan)
Chermoula grilled chicken, bulgur wheat salad, grilled red onion and balsamic vinegar
Chermoula grilled tofu, bulgur wheat salad, grilled red onion and balsamic vinegar
Lemon posset
Or fruit portion

Dinner

Country bean and chickpea soup (Vegan)
Beef and broccoli fried rice, poached egg
Sticky pulled oat and broccoli fried rice, poached egg
Lemon posset
Or fruit portion

**Wednesday**

**Lunch**
Leek and potato soup (Vegan)
Cumin and coriander spiced pork sausage and bean stew, mashed potato and peas
Carrot and cumin sausage and bean stew, mashed potato and peas
Carrot cake with lemon frosting
Or fruit portion

**Dinner**
Leek and potato soup (Vegan)
Buttermilk fried chicken burger, spicy cabbage slaw and potato wedges
Buttermilk fried aubergine burger, spicy cabbage slaw and wedges
Carrot cake with lemon frosting
Or fruit portion

**Thursday**

**Lunch**
Moroccan lentil soup (Vegan)
Beef gyro, red onion, tzatziki, Greek salad
Jackfruit gyro, red onion, tzatziki, Greek salad
Malva pudding pots
Or fruit portion

**Dinner**
Moroccan lentil soup (Vegan)
Pork ragout, bean and tomato salsa, polenta
Cauliflower ragout, bean and tomato salsa, polenta
Malva pudding pots
Or fruit portion
**Friday**

**Lunch**

Smoked sweet potato and kale soup (Vegan)
Zanzibar fish curry, pickled vegetable salad, poppadum
Aubergine madras curry, pickled vegetable salad, poppadum
Key lime pie
Or fruit portion

**Dinner**

Smoked sweet potato and kale soup (Vegan)
Pulled BBQ brisket, jacket potato, mint yoghurt, pomegranate molasses
Pulled BBQ jackfruit jacket potato, mint yoghurt, pomegranate molasses
Key lime pie
Or fruit portion

**Saturday**

**Lunch**

Zesty cauliflower rice salad (Vegan)
Spaghetti, tomato, basil and balsamic vinegar, chicken parmigiana
Spaghetti, tomato, basil and balsamic vinegar, aubergine steak (Vegan)
Coconut chocolate traybake (Vegan)
Or fruit portion

**Dinner**

Zesty cauliflower rice salad (Vegan)
Spiced lamb biryani, carrot sambal
Chickpea and lentil biryani, carrot sambal (Vegan)
Coconut chocolate tray bake (Vegan)
Or fruit portion
**Sunday**

**Lunch**

Corn chowder (Vegan)

Lemon and rosemary roasted chicken, roast potatoes, root vegetables and pot jus

Lemon and rosemary roasted seitan, roast potatoes, root vegetables and mushroom jus

Rustic almond pear tart

Or fruit portion

**Dinner**

Corn chowder (Vegan)

Cottage pie with spring greens

Quorn cottage pie with spring greens

Rustic almond pear tart

Or fruit portion