Menu

15-21 February 2021

**Monday**

**Lunch**

Tomato and basil soup (Vegan)

Miso marinated gammon with stir fry vegetables, ginger and soy dressed grains

Miso marinated seitan with stir fry vegetables, ginger and soy dressed grains

Creamy rice pudding with winter berry compote

Or fruit portion

**Dinner**

Tomato and basil soup (Vegan)

Coconut and Tamarind fish curry with mustard seed, rice and poppadum

Cauliflower and sweet potato curry with rice and poppadum

Creamy rice pudding with winter berry compote

Or fruit portion

**Tuesday (Shrove Tuesday)**

**Lunch**

Carrot and orange soup (Vegan)

Greek lamb Keftedes with tabbouleh, Greek salad and grilled pitta bread

Greek spinach and feta spanakopita with tabbouleh, Greek salad and grilled pitta bread

Apple and cinnamon filled crepe pancake

Or fruit portion

**Dinner**

Carrot and orange soup (Vegan)

Cumberland sausages, mashed potatoes with peas and carrots, red onion gravy

Sun blushed tomato and pesto fusilli with Parmesan flakes and rocket

Apple and cinnamon filled crepe pancake

Or fruit portion
**Wednesday**

**Lunch**

Moroccan chickpea soup (Vegan)

Chilli con carne with steamed rice and sour cream

Vegetable chilli with steamed rice and sour cream

Treacle tart

Or fruit portion

**Dinner**

Moroccan chickpea soup (Vegan)

Moussaka with winter greens

Layered vegetable moussaka with winter greens

Treacle tart

Or fruit portion

**Thursday**

**Lunch**

Sweet potato, butternut and miso soup (Vegan)

Chicken and leek pie with vegetable panache and crushed new potatoes

Broccoli, leek and cheddar pie with vegetable panache and crushed new potatoes

Syrup steam pudding and custard

Or fruit portion

**Dinner**

Sweet potato, butternut and miso soup (Vegan)

Buttermilk fried chicken burger with pickles, served with fries and slaw

Buttermilk fried spicy cauliflower with tomatoes, chilli and cucumber sauce served with fries and slaw

Syrup steam pudding and custard

Or fruit portion
**Friday**

**Lunch**

Curried vegetable soup (Vegan)
Thai fish cakes with potato wedges and Asian slaw
Thai vegetable patty with potato wedges and Asian slaw
Blueberry and lime drizzle cake
Or fruit portion

**Dinner**

Curried vegetable soup (Vegan)
Mac ‘n cheese factory, with spinach and butternut squash, spicy pulled chicken and onion crumbs
Mac ‘n cheese factory, with spinach and butternut squash and onion crumbs
Blueberry and lime drizzle cake
Or fruit portion

**Saturday**

**Lunch**

Cauliflower and coriander soup (Vegan)
Cottage pie with steamed winter greens
Lentil and vegetable pie with steamed winter greens
Lemon syllabub
Or fruit portion

**Dinner**

Cauliflower and coriander soup (Vegan)
Chicken madras, steamed rice, mango chutney and minted yoghurt
Aubergine Madras, steamed rice, mango chutney and minted yoghurt
Lemon syllabub
Or fruit portion

**Sunday**

**Lunch**

Vegetable Minestrone soup
Country chicken casserole with steamed rice and peas
Vegetable and pulled oat casserole with steamed rice and peas
Chocolate cake with butter icing
Or fruit portion

**Dinner**

Vegetable Minestrone soup

Vienna pork schnitzel, mushroom sauce with chips and mixed salad

Carrot and coriander sausage, spicy tomato salsa with chips and mixed salad

Chocolate cake with butter icing
Or fruit portion