



Menu

19 – 25 October 2020

Monday

Lunch

Mushroom & tarragon soup (Vegan)

Steak and onion pasty with mixed salad

Cheese and onion pasty with mixed salad

Spiced banana loaf

Or fruit portion

Dinner

Mushroom & tarragon soup (Vegan)

Chicken schnitzel, sauerkraut, steamed new potatoes

Pumpkin risotto topped with toasted pumpkin seeds

Spiced banana loaf

Or fruit portion

Tuesday

Lunch

Chinese hot and sour soup

Deconstructed lamb shepherd's pie with mashed potatoes and peas

Cauliflower cheese au gratin with mashed potatoes and minted peas

No-bake caramel cheesecake

Or fruit portion

Dinner

Chinese hot and sour soup

Pork vindaloo, steamed rice, poppadum, mango chutney

Mixed vegetable Ceylon, steamed rice, poppadum, mango chutney (Vegan)

No-bake caramel cheesecake

Or fruit portion

Wednesday

Lunch

Tomato and basil soup (vegan)

Smokey chorizo and manchego quiche, roasted herb diced potatoes and mixed salad

Stilton, fig and thyme quiche, roasted herb diced potatoes and mixed salad

Rocky road

Or fruit portion

Dinner

Tomato and basil soup (vegan)

Chicken and chorizo paella

Roasted pepper and aubergine paella (Vegan)

Rocky road

Or fruit portion

Thursday

Lunch

Cream of root vegetable

Chicken souvlaki, Greek salad, flatbread & tzatziki

Greek stuffed aubergine with mixed leaves and garlic bread

Chocolate fudge cake

Or fruit portion

Dinner

Cream of root vegetable

Harissa lamb burger with creamy slaw mixed salad and skin on wedges

Vegan falafel burger, spicy chutney with mixed salad and skin on wedges

Chocolate fudge cake

Or fruit portion

Friday

Roasted squash and red pepper soup (Vegan)

Traditional fish pie with creamy mashed potatoes and seasonal greens

Broccoli, celeriac & pea pie with creamy mashed potatoes and seasonal greens

Tiramisu

Or fruit portion

Dinner

Roasted squash and red pepper soup (Vegan)

Slow casseroled red wine beef ragout on tagliatelle pasta with garlic bread

Quinoa and roast vegetable stuffed pepper with new roast potatoes and green leaf salad (Vegan)

Tiramisu

Or fruit portion

Saturday

Lunch

Parsnip and maple soup (Vegan)

Chilli con carne with rice, sour cream and crispy tortillas

Three bean chilli with rice, and crispy tortillas (Vegan)

Courgette and walnut vegan loaf cake

Or fruit portion

Dinner

Parsnip and maple soup (Vegan)

Thai fishcakes with special fried rice and a sweet chilli dip

Tomato and green vegetable frittata with garlic bread and mixed salad

Courgette and walnut vegan loaf cake

Or fruit portion

Sunday

Lunch

Sweet potato & lentil soup (vegan)

Tuna pasta bake with crispy onions and rocket salad

Super green spaghetti with cherry tomatoes & vegetarian parmesan

Apple and blackberry crumble with custard

Or fruit portion

Dinner

Sweet potato & lentil soup (vegan)

Slow cooked beef brisket sliders with coleslaw and cheesy fries

BBQ pulled jackfruit sliders with no mayo coleslaw and fries (Vegan)

Apple and blackberry crumble with custard

Or fruit portion