



Menu

21 – 27 September 2020

Monday

Lunch

Mexican tortilla soup

Teriyaki chicken with grilled pineapple and pak choy, steamed rice

Teriyaki grilled tofu with grilled pineapple and pak choy, steamed rice

Black forest mousse

Or fruit portion

Dinner

Mexican tortilla soup

Lamb, spinach and aubergine Pastitsio

Feta spinach and sesame filo parcels with Greek pasta salad

Black forest mousse

Or fruit portion

Tuesday

Lunch

Chinese hot and sour soup

BBQ pulled beef brisket in toasted Panini, creamy coleslaw and chips

BBQ pulled jack fruit in toasted Panini, creamy coleslaw and chips

Nutella and banana filled pancakes

Or fruit portion

Dinner

Chinese hot and sour soup

Traditional fish pie with cheesy mash and seasonal vegetables

Mediterranean vegetable quiche with creamy mash and seasonal vegetables

Nutella and banana filled pancakes

Or fruit portion

Wednesday

Lunch

Cream of celeriac soup

Curried lamb hot-pot with steamed greens

Curried aubergine and sweet potato bake with steamed greens

Chocolate fudge cake with toffee sauce

Or fruit portion

Dinner

Cream of celeriac soup

Za'atar chicken with hummus, pickled cucumber salad and homemade flatbread

Middle Eastern falafel with hummus, pickled cucumber salad and homemade flatbread

Chocolate fudge cake with toffee sauce

Or fruit portion

Thursday

Lunch

Potato and leek soup

Mojo marinated chicken legs with couscous salad and yoghurt dressing

Mojo marinated halloumi cheese with couscous salad and yoghurt dressing

Apple and pear crumble with custard

Or fruit portion

Dinner

Potato and leek soup

Penne con salsiccia e finocchio with garlic bread and mixed leaves

Penne arrabiata with garlic bread and mixed leaves

Apple and pear crumble with custard

Or fruit portion

Friday

Carrot and coriander soup (Vegan)

Breaded fish and chips with minted peas, chunky tartare sauce

Deep fried brie cheese with berry sauce, chips and mixed leaves

Malva pudding

Or fruit portion

Dinner

Carrot and coriander soup (Vegan)

Pesto chicken burger with caramelised onions with mixed leaves and hand cut chips

Homemade sweet potato and chickpea burger with caramelised onions with mixed leaves and hand cut chips

Malva pudding

Or fruit portion

Saturday

Lunch

French onion soup

Steak and onion lattice with creamy potato salad

Vegetable lattice with creamy potato salad

Forest fruit strudels with almond custard

Or fruit portion

Dinner

French onion soup

Portuguese turkey ragout with cheese rice balls

Portuguese Caldo Verde (Kale, spinach and butterbean stew) with rice

Forest fruit strudels with almond custard

Or fruit portion

Sunday

Lunch

Thai noodle soup

Roast lemon and rosemary chicken with crispy polenta roasted potatoes and seasonal vegetables with pot jus

Plant based turkey, crispy polenta roasted potatoes and seasonal vegetables with vegetable jus

Victoria sponge

Or fruit portion

Dinner

Thai noodle soup

Chilli con carne with rice, sour cream and crispy tortillas

Three bean chilli with rice, sour cream and crispy tortillas

Victoria sponge

Or fruit portion