



Menu

26 October – 1 November 2020

Monday

Lunch

Asian miso soup (Vegan)

Singapore pork noodles with a crispy vegetable spring roll

Singapore pulled oats with rice noodles with a crispy vegetable spring (Vegan)

Blueberry and peanut butter crumble

Or fruit portion

Dinner

Asian miso soup (Vegan)

Penne Amatriciana with garlic bread and mixed leaves

Spaghetti Crudaiola (Cherry tomatoes, buffalo mozzarella, fresh basil, olive oil)

Blueberry and peanut butter crumble

Or fruit portion

Tuesday

Lunch

Carrot and red lentil soup (Vegan)

Thai red chicken curry with basmati rice and prawn crackers

Thai green vegetable curry with basmati rice and prawn crackers

Chocolate pumpkin tart

Or fruit portion

Dinner

Carrot and red lentil soup (Vegan)

Creamy fish pie with cheese mashed potato and seasonal vegetables

Grilled halloumi and classic ratatouille with garlic bread

Chocolate pumpkin tart

Or fruit portion

Wednesday

Lunch

Cauliflower and barley soup (Vegan)

Lamb moussaka with steamed seasonal greens

Vegetable moussaka with steamed seasonal greens

Steamed golden syrup pudding with custard

Or fruit portion

Dinner

Cauliflower and barley soup (Vegan)

Jerk chicken with rice & peas and cucumber salad

Caribbean vegetable rundown with rice & peas

Steamed golden syrup pudding with custard

Or fruit portion

Thursday

Lunch

Leek and chive soup

Italian sausage and mushroom casserole with creamy mashed potatoes

Spicy pumpkin and lentil casserole on a baked potato (Vegan)

Chocolate and rose water coconut chia pudding (Vegan)

Or fruit portion

Dinner

Leek and chive soup

Spicy beef burrito with tortilla chips, guacamole and salsa

Five bean chilli burrito with tortilla chips, guacamole and salsa (Vegan)

Chocolate and rose water coconut chia pudding (Vegan)

Or fruit portion

Friday

Tomato and beetroot soup (Vegan)

Homemade fish cakes with lime and chilli roasted potato wedges and red coleslaw

Chick pea and red pepper patties with lime and chilli roasted potato wedges and red coleslaw

Ghostly cupcakes

Or fruit portion

Dinner

Tomato and beetroot soup (Vegan)

Chicken katsu burger with sriracha mayo and chips

Beetroot burger with sriracha mayo and chips

Ghostly cupcakes

Or fruit portion

Saturday

Lunch

Pumpkin and lentil soup (Vegan)

Slow roasted beef and vegetable ragout with spaghetti and peas

Slow roasted pulled oat and vegetable ragout with spaghetti and peas

Spiced pumpkin blondies

Or fruit portion

Dinner

Pumpkin and lentil soup (Vegan)

Cumberland sausage, mashed potatoes, brown onion gravy and steamed greens

Vegan carrot and coriander sausage mashed potatoes, brown onion gravy and steamed greens

Spiced pumpkin blondies

Or fruit portion

Sunday

Lunch

Curried broccoli soup (Vegan)

Thyme and garlic pork chop with apple sauce, roast potatoes and maple glazed carrots

Stuffed vegetable baked baby pumpkin, roast potatoes and maple glazed carrots (Vegan)

Ginger plum cake with whipped cream

Or fruit portion

Dinner

Curried broccoli soup (Vegan)

Lamb Rogan Josh with steamed rice and lime pickle

Mutter paneer with steamed rice and lime pickle

Ginger plum cake with whipped cream

Or fruit portion