



## Menu

28 September – 4 October 2020

### Monday

#### **Lunch**

Creamy sweetcorn and basil soup

Lamb Koftas with tatziki and chilli sauce, Turkish rice, salad and homemade flat breads

Vegan Kibbeh with tatziki and chilli sauce, Turkish rice, salad and homemade flat breads

Bread and butter pudding with cinnamon custard

Or fruit portion

#### **Dinner**

Creamy sweetcorn and basil soup

Seafood risotto with rocket leaves and parmesan

Smoked tomato risotto with feta crumbs and rocket leaves

Bread and butter pudding with cinnamon custard

Or fruit portion

### Tuesday

#### **Lunch**

Carrot and orange soup (Vegan)

Louisiana chicken patties with spiced crushed potato bake and tomato salad

Louisiana vegetable parcels with spiced crushed potato bake and tomato salad

Nutella and banana pancakes

Or fruit portion

#### **Dinner**

Carrot and orange soup (Vegan)

Baked beef keftedes with eggs in rich tomato and red wine sauce with couscous

Aubergine and sweet potato shakshouka with couscous

Nutella and banana pancakes

Or fruit portion

### **Wednesday**

#### **Lunch**

Roast red pepper and lentil soup

Stir fried crispy pork in five spice and oyster sauce with egg fried rice

Stir fried tempeh in five spice and oyster sauce with egg fried rice

Lime and coconut drizzle cake with cream fraiche

Or fruit portion

#### **Dinner**

Roast red pepper and lentil soup

Jerk chicken salad with grilled sweetcorn, butterbeans and fried flat bread

Caribbean, bean rice salad with grilled sweetcorn and mixed leaves

Lime and coconut drizzle cake with cream fraiche

Or fruit portion

### **Thursday**

#### **Lunch**

Root vegetable soup (Vegan)

Pulled chicken tacos with Pico de Gallo, crème fraiche, steamed rice and jalapenos

Mexican pulled oat tacos with Pico de Gallo, crème fraiche, steamed rice and jalapenos

Berry strudel with custard

Or fruit portion

#### **Dinner**

Root vegetable soup (Vegan)

Curried lamb pasties with yoghurt and mint dressed potato salad

Bombay vegetable pasties with yoghurt and mint dressed potato salad

Berry strudel with custard

Or fruit portion

### **Friday**

Mexican spicy bean soup with tortilla and grated cheese

Crumbed hake and chips with buttered minted peas, chunky tartare sauce and baked beans

Caramelised red onion tart with new potato and rocket salad

Strawberry mousse with lady finger biscuits

Or fruit portion

### **Dinner**

Mexican spicy bean soup with tortilla and grated cheese

BBQ chicken legs with Tex-Mex potato wedges and sweetcorn salad

Sweet potato cake with BBQ sauce, Tex-Mex potato wedges and sweetcorn salad

Strawberry mousse with lady finger biscuits

Or fruit portion

### **Saturday**

#### **Lunch**

Tomato and chickpea soup (Vegan)

Smoked paprika and maple roasted chicken leg with patatas bravas

Mediterranean stuffed peppers with patatas bravas

Lemon tart

Or fruit portion

#### **Dinner**

Tomato and chickpea soup (Vegan)

Cumberland sausage and mashed potatoes with garden peas and onion gravy

Oat mince stuffed courgettes with onion gravy and mashed potatoes

Lemon tart

Or fruit portion

## **Sunday**

### **Lunch**

Hungarian mushroom soup

Honey roasted gammon, homemade stuffing, roast potatoes, seasonal vegetables and pot gravy

Mushroom Wellington with seasonal vegetables and roast potatoes

Trifle pot

Or fruit portion

### **Dinner**

Hungarian mushroom soup

Spaghetti Bolognese with garlic bread and mixed leaves

Penne arrabiata with garlic bread and mixed leaves

Trifle pot

Or fruit portion