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
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