Menu

6 – 12 July 2020

**Monday**

**Lunch**

Creamy mushroom soup

Breaded chicken with garlic and lemon butter with warm potato and green bean salad

Breaded courgettes with garlic and lemon butter with warm potato and green bean salad

Summer berry mousse with lady finger biscuit

Or fruit portion

**Dinner**

Creamy mushroom soup

Meatballs and spaghetti with pangrattato and mixed salad

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

Summer berry mousse with lady finger biscuit

Or fruit portion

**Tuesday**

**Lunch**

Mediterranean sweet potato and aubergine soup (vegan)

Lamb Keema with flat bread, pickled vegetables, mango chutney minted yoghurt and rice

Chickpea and lentil keema with flat bread, pickled vegetables, mango chutney minted yoghurt and rice

Lemon drizzle

Or fruit portion
Dinner
French onion soup (vegan)
Asian infused fish cake with mixed salad, yoghurt and sweet chilli dip
Japanese noodle salad with tofu
Vegan chocolate and coconut chia pudding
Or fruit portion

Wednesday
Lunch
Cold cucumber and dill soup with sour cream
Ground beef with Szechuan pepper and sweet chilli sauce served in crispy iceberg lettuce with egg fried rice
Sweet chilli and sesame tofu in crispy iceberg with egg fried rice
Lemon curd and strawberry mess
Or fruit portion

Dinner
Cold cucumber and dill soup with sour cream
Baked tilapia with caper lemon butter and toasted seeds, served with sauté new potatoes
Classic ratatouille with garlic bread
Lemon curd and strawberry mess
Or fruit portion

Thursday
Lunch
Mexican sweetcorn soup with sour cream
Honey glazed gammon, egg and chips with parsley and dill cream sauce and steamed spring green
Honey glazed celeriac steak with chips, parsley and dill cream sauce and steamed spring green
Vanilla panna cotta with orange sauce
Or fruit portion

**Dinner**
Mexican sweetcorn soup with sour cream
Thai green chicken curry with rice and prawn crackers
Aubergine and chickpea curry with rice and poppadums
Vanilla panna cotta with orange sauce
Or fruit portion

**Friday**

**Lunch**
Pea and watercress soup (vegan)
Crumbed fish and chips with chunky tartare sauce and steamed minted peas
Leek, potato and parmesan quiche with tarragon sauce, and mixed salad
Scone with jam & fresh cream
Or fruit portion

**Dinner**
Pea and watercress soup (vegan)
Beef enchiladas with Mexican spiced rice and guacamole
Vegan enchiladas with Mexican spiced rice and guacamole
Scone with jam & fresh cream
Or fruit portion

**Saturday**

**Lunch**
Summer vegetable soup (vegan)
Cajun style pork salad with tortilla chips
Mexican avocado and sweetcorn salad with tortilla chips and cheddar

Vegan courgette & carrot cake

Or fruit portion

**Dinner**

Summer vegetable soup (vegan)

Harissa lamb burger with yoghurt slaw, chips and salad

Halloumi burger with sweet chilli sauce yoghurt slaw, chips and salad

Vegan courgette & carrot cake

Or fruit portion

**Sunday**

**Lunch**

Asian Miso soup (vegan)

Rosemary and lemon roasted chicken with polenta coated roast potatoes, pot gravy and seasonal vegetables

Mushroom Wellington with polenta coated roast potatoes, pot gravy and seasonal vegetables

Berry lamingtons

Or fruit portion

**Dinner**

Asian Miso soup (vegan)

Penne Amatriciana with garlic bread and mixed leaves

Penne Arrabiata with garlic bread and mixed salad

Berry lamingtons

Or fruit portion