Menu

7 – 13 December 2020

Monday

Lunch
Pea and mint soup (Vegan)
Roasted chicken caramelized red onion, baby spinach and feta cheese faro salad
Roasted pear and walnut, caramelized red onion, baby spinach and feta cheese faro salad
Sticky toffee pudding
Or fruit portion

Dinner
Pea and mint soup (Vegan)
Penne polenta, garlic bread and green salad
Penne Arrabiata, garlic bread and green salad
Sticky toffee pudding
Or fruit portion

Tuesday

Lunch
Mushroom and thyme soup (Vegan)
Beef burrito, spicy refried beans, coriander rice and garden green salad
Pulled oat burrito, spicy refried beans, coriander rice and garden green salad
Ginger and syrup steamed pudding with custard
Or fruit portion

Dinner
Mushroom and thyme soup (Vegan)
Dijon and honey glazed chicken, crushed new potatoes, grilled zucchini and lemon
Dijon and honey glazed cauliflower, crushed new potatoes, grilled zucchini and lemon (Vegan)
Ginger and syrup steamed pudding with custard
Or fruit portion
**Wednesday**

**Lunch**

Roasted tomato and basil soup (Vegan)

Lamb Navarin, bulgur wheat, minted peas and kale

Paneer Navarin, bulgur wheat, minted peas and kale

Vegan courgette & walnut slice

Or fruit portion

**Dinner**

Roasted tomato and basil soup (Vegan)

Leek and dill fish pie, mashed potatoes, steamed greens

Leek and chickpea pie, mashed potatoes, steamed greens

Vegan courgette & walnut slice

Or fruit portion

**Thursday**

**Lunch**

Moroccan lentil and vegetable soup (Vegan)

Asian chicken meat balls, flat bread, Asian slaw and spicy mayo

Asian pulled oat balls, flat bread, Asian slaw and spicy mayo

Fruit crumble and custard

Or fruit portion

**Dinner**

Moroccan lentil and vegetable soup (Vegan)

Sticky pork and pineapple rice bowl, steamed pak choy

Sticky pineapple and black bean rice bowl, steamed pak choy (Vegan)

Fruit crumble and custard

Or fruit portion

**Friday**

**Lunch**

Butternut and carrot soup (Vegan)
Crumbed fish fillets, seasoned wedges, glazed carrots and tartare sauce
Falafel, seasoned wedges, glazed carrots and tartare sauce
Orange polenta cake
Or fruit portion

**Dinner**
Butternut and carrot soup (Vegan)
Coq au vin, mushrooms, pearl onions, steamed rice, winter greens
Aubergine coq au vin, steamed rice, winter greens (Vegan)
Orange polenta cake
Or fruit portion

**Saturday**

**Lunch**
Corn chowder soup (Vegan)
Sweet and sour pork, egg noodles, stir fried winter vegetables
Sweet and sour tofu, egg noodles, stir fried winter vegetables
Russian apple tart
Or fruit portion

**Dinner**
Corn chowder soup (Vegan)
Lamb meat balls, harissa, pickled cucumber, pita bread and garden greens
Pulled oats, harissa, pickled cucumber, pita bread and garden greens (Vegan)
Russian apple tart
Or fruit portion

**Sunday**

**Lunch**
French onion soup (Vegan)
Mediterranean roasted whole chicken, polenta crusted potatoes and roasted vegetables and pot jus
Mediterranean roasted seitan, polenta crusted potatoes and roasted vegetables and pot jus
Lemon drizzle slice
Or fruit portion

**Dinner**

French onion soup (Vegan)

Cottage pie with steamed winter greens

Vegetable and lentil cottage pie with steamed winter greens (Vegan)

Lemon drizzle slice

Or fruit portion