**MONDAY**

Black bean and vegetable chili (c)
Chili con carne (c)
Spiced butternut & sweet potato with coconut & coriander (c)
Fish of the day

**TUESDAY**

Chargrilled soy glazed & sesame aubergine with wild rice (so,ss)
Confit duck leg in hoisin glaze and onion salad (so,g,su)
Sweet and sour chicken breast (su)
Fish of the day

**WEDNESDAY**

Lentil and vegetable sausage roll (g,c)
Paprika and herb chicken thighs
Vegetable & Quorn stew (c)
Fish of the day

**THURSDAY**

Red onion and courgette, mushroom Wellington (c,g)
Roast Beef with Yorkshire & gravy (g,e,c)
Pork steak with mushroom sauce (c,d)
Fish of the day

**FRIDAY**

Buffalo wings in chili sauce (so,su,ss)
Chargrilled chicken burger with garlic mayo (g,e,ss)
Vegetable and bean patty with tomato compote (c,su)
Battered fish with tartare sauce (g,f)

**SATURDAY & SUNDAY**

**BRUNCH**

Sausage, Vegetarian Sausage, Bacon, Fried Egg, Scrambled egg, Mushrooms, Baked beans, Hash browns

(d) = dairy (g) = gluten (f) = fish (c) = celery (cr) = crustaceans (mu) = mustard (p) = peanuts (so) = soya (e) = egg (l) = lupin (mo) = molluscs (n) = nuts (ss) = sesame (su) = sulphites
MONDAY

Vegetable chickpea curry (mu,c)
Lamb curry (mu,c)
Chicken curry (mu,c)
Fish of the day

TUESDAY

Stuffed pepper with tomato sauce (g,c,su)
Chicken thighs
Vegetable pasta bake (g,d)
Fish of the day

WEDNESDAY

Jacket potato night
Vegetable curry (mu,c)
Tuna sweetcorn mayonnaise (f,e,mu)
Beef Chili (su,c)
Sausage, pepper and red onion (g)

THURSDAY

Roasted veg, olives and tomato sauce with pasta (g,c,su)
Herb and garlic turkey escalope
Baked mushroom risotto (c,d)
Fish of the day

FRIDAY

Vegetable burrito (g)
Gammon steak with egg (e)
Beef meatballs with tomato sauce (c)
Fish of the day

SATURDAY

Courgette and red onion pizza (g,su)
Meat feast pizza (g,d,su)
Margarita pizza (g,d,su)

SUNDAY

Beetroot and sweet potato puff (g)
Roast beef with Yorkshire pudding and gravy (e,g,d,c)
Mustard glazed chicken breast (mu)
Fish of the day

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