**MONDAY**

Breaded turkey escalope with chilli coleslaw (mu,d,e,g)
Vegetable quesadilla (g,c)
Maple glazed bacon chop
Fish of the day

**TUESDAY**

Lemon and oregano chicken thighs
   with cous cous (g)
Vegetable tagine with cous cous (g,so,c)
Breakfast bap (e,g,d)
Fish of the day

**WEDNESDAY**

Lamb moussaka (c,d)
Roast vegetable moussaka (c,so)
Toad in the hole with onion gravy (c,e,g,d)
Fish of the day

**THURSDAY**

Roast topside of beef with Yorkshire pudding and gravy (c,d,e,g)
Root vegetable cassoulet ©
Roast chicken leg
Fish of the day

**FRIDAY**

Hunters chicken (d,so)
Vegetable burger with pickled vegetables (sy,so,g)
Gammon steak with pineapple
Battered fish with tartare sauce (g,f)

**SATURDAY & SUNDAY**

**BRUNCH**

Sausage (g), Vegan Sausage (g), Bacon, Fried Egg (e), Scrambled egg (e,d), 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
FRIDAY

Cow macaroni (su,g,d)
Macaroni vegan cheese (so,g,c)
Piri piri chicken thighs (c)
Fish of the day

SATURDAY

Chinese night
Sweet and sour chicken (su,c)
Tofu and vegetable
  in black bean sauce (so,c,su,g)
Chilli and garlic pork
Prawn chow mein (cr,c,so,g)

WEDNESDAY

Mexican night
Chicken quesadilla (c,g,d)
Vegetable burrito (g)
Beef nachos (d,c)
Fish of the day

THURSDAY

Pork meat balls with mustard cream sauce
  (mu,d,c)
Butternut and lentil cake (g,s)
Chicken breast with mushroom sauce (c,d)
Fish of the day

MONDAY

Chicken and mushroom pie (d,g,su,c)
Root vegetable pie (c,g)
Beef and mushroom stew (c,su)
Fish of the day

TUESDAY

Slow roast hoisin duck leg
  with cabbage salad (ss,c,g,so)
Chilli and garlic marinated tofu
  with cabbage salad (so)
Turkey escalope
Fish of the day

SUNDAY

Roast turkey with gravy (c)
Beetroot and sweet potato pastry (g)
Braised beef
Fish of the day

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(mo) = molluscs (n) = nuts (ss) = sesame (su) = sulphites