MONDAY

Field mushroom stuffed with herbed quinoa
Pork steak with mushroom and mustard sauce (c,d,mu)
Roasted winter vegetable filo parcel (g,c)
Fish of the day

TUESDAY

Vegetable tagine with rice
Lamb and rosemary pie with gravy (c,g,su)
Root vegetable pie with gravy (g,c)
Fish pie (f,su,cr,d)

WEDNESDAY

Roasted pepper and caramelised onion stuffed aubergine
Beef meatballs with tomato sauce (c,su)
Roasted vegetables with olives in tomato sauce (c, su)
Fish of the day

THURSDAY

Vegetable and rice noodle broth
Roast leg of pork with apple sauce and gravy (c)
Cranberry and rosemary cracker wheat stuffed squash (g,c)
Fish of the day

FRIDAY

Bean patty with tomato salsa
Paprika and herb turkey escalope with sautéed peppers
Battered jackfruit (g)
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
MONDAY
Roasted vegetable pilaff
Minute steak with tomato and goats cheese (d)
Lemon and herb marinated
with cous cous (g,so,c)
Fish of the day

TUESDAY
Pan fried tofu steak with spinach (so)
Lemon and herb turkey escalope
Stuffed courgette with roasted vegetables
Fish of the day

WEDNESDAY
Jacket potato night
Cannellini beans in tomato sauce
Beef chilli con carne (c)
Vegetable curry (mu,c)
Tuna sweetcorn mayo (mu,e,f)

THURSDAY
Braised lentil and vegetable stew
Chicken thighs with Chasseur sauce (su,c)
Whole wheat pasta and vegetable bake (c,g)
Fish of the day

FRIDAY
Vegetarian chilli with rice and beans
Spice lamb kebab with mint yogurt (d,g)
Roasted vegetable kebab
Fish of the day

SATURDAY
Burger night
Fish burger (f,g,e,d)
Chicken burger (g)
Vegetable burger (g)

SUNDAY
Roast beef with Yorkshire pudding (c,d,e,g)
Onion tarte de tatin (g)
Fish of the day

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