MONDAY
Chilli con carne and rice
Jackfruit and vegetable chilli and rice
Fish of the day

TUESDAY
Piri piri chicken thighs with
spiced cous cous
Baked mushroom and courgette risotto
with vegan cheese
Fish of the day

WEDNESDAY
Pork meatballs with tomato and
olive sauce
Mediterranean vegetable cous cous
stuffed pepper
Fish of the day

THURSDAY
Roast chicken with stuffing
Mushroom and pepper stroganoff
with rice
Fish of the day

FRIDAY
Minute steak with tomato and mushroom
Vegetable lentil cakes with salsa
Battered fish with tartare sauce

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
FRIDAY
Chicken and mushroom pie
Root vegetable pie
Fish of the day

SATURDAY
Chinese night
Sweet and sour chicken
Vegetable and water chestnuts in black bean sauce
Prawn chow mein

SUNDAY
Roast pork with apple sauce
Onion tarte de tatin
Fish of the day

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