**MONDAY**

Stuffed pepper with roasted vegetables
Turkey escalope with tomato sauce (c,su)
Chunky vegetable chilli (c)
Fish of the day

**TUESDAY**

Spiced tofu with lentils and leeks
Thai green chicken curry (c,so)
Thai green jack fruit and vegetable curry (c,so)
Fish of the day

**WEDNESDAY**

Roast squash and red onion with herb oil and gluten free pasta
Beef lasagne (c,g,d)
Vegan lasagne (c,so,g)
Fish of the day

**THURSDAY**

Stuffed jacket potato with beans in tomato sauce
Leg of lamb steak (c)
Vegetable crumble with mustard gravy (mu,g)
Fish of the day

**FRIDAY**

Filled squash with quinoa, herbs and lemon
Homemade pork and sage sausage roll (g,e)
Bean and vegetable sausage roll (g,e,c)
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**

Jack fruit and vegetable skewer
Grilled lamb steak with tomato, oregano 
and feta topping (d)
Stuffed aubergine with tabbouleh (c,g)
Fish of the day

**TUESDAY**

Chilli, kale and bean stew
Cottage pie with herb mash (c,su,d)
Vegetable cottage pie (c,su,d)
Fish of the day

**WEDNESDAY**

**Indian night**
Red tofu curry with rice
Chicken madras (mu,c)
Vegetable korma (mu,c)
Fish curry (mu,c,f)

**THURSDAY**

Stuffed pepper with roasted tomato 
and vegetables
Escalope of pork with mozzarella 
and bacon melt (d)
Red onion, squash and spinach turnover (g)
Fish of the day

**FRIDAY**

Stir fry vegetables with tofu and rice noodles
Chicken, gherkin, cheddar and onion 
quesadilla (su,d,g)
Vegetable enchiladas bakes in tomato 
sauce (c,g)
Fish of the day

**SATURDAY**

**Pizza night**
Tuna (f,c,g,d)
Pepperoni (c,d,g)
Courgette and pepper (g)

**SUNDAY**

Roast leg of lamb (c)
Cauliflower cheese turnover 
with mustard (mu,g,so)
Fish of the day

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