MONDAY

- Vegetable and bean casserole
- Shepherds pie and gravy (c,su,d)
- Root vegetable pie with gravy (g,c)
- Fish of the day

TUESDAY

- Falafel with spiced tomato sauce
- Pork schnitzel with coleslaw (d,g,e,mu)
- Pulled jackfruit and roasted vegetable pitta (g)
- Fish of the day

WEDNESDAY

- Jack fruit curry
- Chicken madras (c,mu)
- Vegetable dhansak (mu,c)
- Fish curry (mu,c,f)

THURSDAY

- Stuffed sweet potato
- Roast turkey with gravy (c)
- Roasted vegetable cake (g,c,so)
- Fish of the day

FRIDAY

- Beetroot and quinoa burger
- Minute steak with Bordelaise sauce (c)
- Herb roasted cauliflower steak with roasted tomato and salsa verde (su)
- 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

Spiced aubergine with wild rice
Butterflied chicken breast with tomato, red onion and olive salad
Mushroom risotto (c)
Fish of the day

TUESDAY

Chickpea tagine
Chunky beef chilli with butternut squash (c,su)
Vegetable and black bean chilli (c)
Fish of the day

WEDNESDAY

Pasta night
Tomato and olive sauce with gluten free pasta
Bacon carbonara (d,su)
Vegetable bolognaise (c)
Tuna pasta bake (g,d,f)

THURSDAY

Black bean patty with spiced tomato compote
Pulled pork and apple bap with slaw (d,g,c)
Pulled jackfruit bap with slaw (g)
Fish of the day

FRIDAY

Pea and mint quinoa cakes with tomato sauce
Beef lasagne with garlic bread (d,g,c)
Vegetable lasagne with garlic bread (d,g,c)
Fish of the day

SATURDAY

Pizza night
Meat Feast (d,g,c)
Mushroom and vegetable (g)
Tuna and sweetcorn (g,d,f,c)

SUNDAY

Roast pork with apple sauce (c)
Vegetable Wellington (c,g)
Fish of the day

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