**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
**MONDAY**

Beef meatballs with tomato sauce  
Stuffed courgettes with roasted vegetables and tomato sauce  
Fish of the day

**TUESDAY**

Bacon chop with salsa  
Red onion, squash and spinach bake  
Fish of the day

**WEDNESDAY**

**Indian night**

Chicken madras  
Vegetable korma  
Fish of the day

**THURSDAY**

Beef macaroni  
Macaroni vegan cheese  
Fish of the day

**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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