

Lunch

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Soup	Squash and roasted red onion	Creamy cauliflower and leek	Autumn minestrone	Tomato and oregano	Honey roast carrot and coriander
Salad bar	Selection of fresh homemade salads are available daily				
Main course one	Harissa roasted chicken thigh with preserved lemons and coriander dressing	Pork sausage with onion gravy	Traditional beef lasagne	Grilled turkey escalope with pineapple salsa	Breaded fillet of fish with lemon and tartare sauce
Main course two	Cauliflower and sweet potato curry with a tomato & nigella pickle	Carrot and coriander sausage with onion gravy	Roast Mediterranean vegetable lasagne	Butternut squash and lentil hot pot	Five bean burger with a soft roll
On the side	Steamed rice Carrots Seasonal greens	Mash potatoes Broccoli Red cabbage	Garlic slice Sweet corn Sugar snaps and mange tout	Potato wedges Cauliflower Green beans	Chipped potato Peas Baked beans
Jacket or pasta	Jacket potato with chunky beef chilli	Penne pasta with roast pepper, tomato & basil ragu	Jacket potato with sweet potato & kidney bean stew	Fuseli pasta with creamy bacon & mushroom	Jacket potato with baked beans & cheddar cheese
Hot dessert	Apple crumble with custard	Jam and coconut sponge	Coconut rice pudding	Self saucing chocolate sponge	Lime and raspberry sponge
Fruit & yoghurt pots	Selection of fresh fruit, dessert and yogurt pots are available daily				