

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup of the day	Roast Pepper and Tomato (V+VG+GF)	Leek and Potato (V+VG+GF)	Vegetabel and Red Lentil Soup (V+VG+GF)	French Onion (V+VG+GF)	Yellow Split Pea Soup (V+VG+GF)	Cream of Mushroom (V)	Sweet potato & coconut soup (v)(vg)(gf)
LUNCH							
Lunch Meat	Grilled Chicken thighs with Lime Coriander and Chilli (GF)	grilled Pork Steak with a Mushroom and Chive Sauce	Chicken & Chorizo with a Garlic and tomato Sauce	Griled Cumberland Sausage With Onion Gravy	Beef Stroganoff	Pork steaks in a Caribbean Marinade (GF)	Cajun Turkey escalope with Cherry Tomato Chutney
Lunch Fish	Breaded Haddock fillet with Tartare Suace	Baked Cod with a basil pesto dressing (GF)	Thai Fishcakes with Sweet Chilli Sauce (GF)	Pollock Chimichuri	Baked Salmon with Lemon and Herb Dressing	Polenta Crusted Haddock with a Pepper Salsa	Smoked haddock & mozzarella fishcakes with dill mayo (gf)
Lunh Veg/Vegan	Sweet and Sour Vegetables (V+VG)	Singapore Rice Noodles, with Stir fried Veg and Sweet Chilli Sauce (V+VG+GF)	Vegetable Malaysian Curry (GF+VG+V)	Vegan Meatballs with Tomato & Oregano Sauce (VG)	Penne Pasta with Arrabiata Sauce (V+VG)	Garden vegetable cottage pie (v)(vg)(gf)	Stuffed peppers with mixed beans Quinoa (v)(vg)
Carb1	Cajun Spiced potatos (V+VG+GF)	Minted New Potatoes (V+VG+GF)	Boiled New Potaotes (GF+V+VG)	Oven Roasted Poatoes with Saute Onions and Garlic (V+VG+GF)	Paprika Roast Potatoes (V+VG+GF)	Boiled new potato (v)(vg)(gf)	Potato wedges (v)(vg)(gf)
Carb2	Seasoned Rice (V+VG+GF)	ButteryMashed Potatoes (V+VG+GF)	Seasoned Rice (GF+V+VG)	Mustard Mash (V)	EGG Noodle with chilli (V)	Seasoned rice (v)(vg)(gf)	Mash potato (v)(gf)
Veg 1	Garden Peas (V+VG+GF)	Batton Carrots and Garden peas (V+VG+GF)	SweetCorn (V+VG+GF)	Savoy Cabbage (V+VG+GF)	Garlic Bread (V)	Batons of carrot (v)(vg)(gf)	Broccoli florets (v)(vg)(gf)
Veg 2	Cauliflower Floretes (V+VG+GF)	Braised Red Cabbage (V+VG+GF)	Glazed Carrots (V+VG+GF)	Mixed Vegetables (V+VG+GF)	Mixed Vegetables (V+VG+GF)	Green beans (v)(vg)(gf)	Braised red cabbage (v)(vg)(gf)

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DINNER							
dinner Meat	Traditional Cottage Pie	Southern Fried Chicken with a BBQ Sauce	Roast Lamb with Rosemary Jus (GF)	Slow braised Beef & vegetable Casserole	Chicken and Ham Pie with Puff Pastry Crust	Pork & beef meatballs with spicy tomato sauce	Roast beef with onion gravy & Yorkshire puddings
Dinner Fish	baked Salmon with Wilted Greens	Oven Roasted Hake with tomato and Olive Salsa (GF)	Haddock Mornay	Balsamic Glazed Salmon	Baked Haddock with Red Thai Curry Sauce	Goan cod fish curry (gf)	Fish pie with potato topping
Dinner VEGAN	Stuffed Flatcap Mushroom with Ratatouille and Vegan Mozzarella	Spicy Lentil Dhal	Sweet Potato & Apricot Tagine (GF+V+VG)	Vegetable & Mixed Bean Chilli with Taco Shells (V+VG+GF)	Vegan vegetable & bean enchilada (v)(vg)	Sweet potato & green lentil Caribbean jerk (gf)(v)(vg)	Vegan Sausage and Onion Gravy
Dinner Vegetarian	Penne Pasta with Pomodoro and Wild Mushroom Sauce (V+VG)	Macaroni Cheese With Garlic Bread (V)	Cheese Tortellini with Red Pesto Sauce (V)	Penne Pasta with Creamy Mushroom and Herb Sauce (V)	Leek and Potato Bake Bake (V+VG+GF)	Wild mushroom risotto (v)(gf)	Mixed Falafel, Beetroot, Sweet Potato and Mint with Pitta and Tzatziki (V)
Carb 1	Potato Gratin (V)	Thyme Roasted Potatoes (V+VG+GF)	Spring Onion Mash Potato (GF+V)	SautePotatoes (V+VG+GF)	Thyme Roasted Potatoes (V+VG+GF)	Skinny fries (v)(vg)(gf)	Thyme roast potato (v)(vg)(gf)
Carb 2	Skinny Fries (V+VG+GF)	Season Steamed Rice (V+VG+GF)	Tomato & Garlic Cous Cous (VG+V)	Tomato Braised Rice (V+VG+GF)	Curly Fries (V)	Seasoned rice (v)(vg)(gf)	Curly fries (v)(vg)
Vegetables	Steamed carrots (V+VG+GF)	Baby Corn (V+VG+GF)	Broccoli & Cauliflower (GF+VG+V)	Green Beans (V+VG+GF)	Cauliflower Florets (V+VG+GF)	Garden peas (v)(vg)(gf)	Roast root vegetables (v)(vg)(gf)
vegetables	Broccoli Florets (V+VG+GF)	Green Beans (V+VG+GF)	Juilienne Vegetables (GF+V+VG)	Sweet Corn and Peppers (V+VG+GF)	Ratatouille Vegetables (V+VG+GF)	Julienne vegetables (v)(vg)(gf)	Cauliflower florets (v)(vg)(gf)

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup of the day	Cream of parsnip (v)	Minestrone Soup (v)	Carrot & coriander (v)(vg)(gf)	Green split pea soup (v)(gf)(vg)	Spicy vegetable noodle soup	Scotch broth (v)	Cream of Tomato soup (v)(vg)(gf)
LUNCH							
Lunch Meat	Beef mince & onion pie with puff pastry	Lamb Rogan josh	Piri piri Marinated chicken (gf)	Cumberland sausage with onion gravy	Chicken Stroganoff	Chicken thigh lime chilli & coriander (gf)	Lamb Tagine
Lunch Fish	Marinated Pollock with wilted greens & chimichurri sauce (gf)	Baked haddock with brie & sundried tomato (gf)	Portugese Spiced Pollock with Salsa Verde	Tiriyaki Salmon	Thai fishcakes with sweet chilli (gf)	Baked Hake with Spinach and Cream	Baked haddock with lemon & herb dressing (gf)
Lunh Veg/Vegan	Vegetable and Vegan Feta Crumble	Vegan Leek, and Pea Risotto	South American Black Bean Stew	Vegetable Paella	Cauliflower and Potato Madras Curry	Mixed falafel (vg) pitta bread and Tzatziki (v)	Vegetarian Hungarian Goulash
Potatoes	Potato croquettes (v)	Crushed potato with olive oil (v)(vg)(gf)	Potato wedges (v)(vg)(gf)	Boiled potato (v)(vg)(gf)	Skinny fries (v)(vg)(gf)	Boiled new potato (v)(gf)(vg)	Skinny fries (v)(gf)(vg)
Rice and Pastas	Tomato cous cous (v)(vg)	Seasoned rice (v)(vg)(gf)	Seasoned rice (v)(vg)(gf)	Potato croquettes (v)(vg)(gf)	Seasoned rice (v)(vg)(gf)	Curly fries (v)(gf)(vg)	Seasoned rice (v)(gf)(vg)
Veg 1	Steamed carrots & turnip (v)(vg)(gf)	Green beans (v)(vg)(gf)	Batons of carrot (v)(vg)(gf)	Mexican sweetcorn (v)(vg)(gf)	Sliced carrots (v)(vg)(gf)	Green beans (v)(gf)(vg)	Sweetcorn (v)(gf)(vg)
Veg 2	Broccoli florets (v)(vg)(gf)	Sweetcorn (v)(vg)(gf)	Ratatouille vegetables (v)(vg)(gf)	Garden peas (v)(vg)(gf)	Cauliflower florets (v)(vg)(gf)	Sweetcorn (v)(gf)(vg)	Broccoli (v)(gf)(vg)

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DINNER							
dinner Meat	Coq Au Vin (GF)	Beef chilli with taco shells (gf)	Loin of bacon with honey mustard glaze (gf)	Pasta Bolognaise	Chicken & black bean sauce	Beef minute steak with peppercorn sauce	Roast turkey with chipolatas & stuffing
Dinner Fish	Baked coley with tomato & olive dressing (gf)	Seafood Gnocchi	Breaded haddock with tartare sauce	Grilled hake fillet with pepper salsa Verde (gf)	Seafood paella (gf)	Balsamic glazed salmon & chives (gf)	Polenta crusted haddock with pepper salsa verde (gf)
Dinner VEG	Vegetable spring rolls with sweet chilli dip (v)(vg)	Sweet & sour roast vegetables (v)(gf)(vg)	Vegetable pakora with mango chutney (v)	Singapore vegetable rice noodles (v)(vg)(gf)	Sweet potato & apricot tagine (v)(vg)(gf)	Thai green vegetable curry (v)	Vegan meat balls tomato oregano sauce (v)(vg)
Dinner VEGAN	Vegetable korma (v)(vg)(gf) with naan bread (v)(vg)	Cheese tortellini with red pesto sauce (v)	Stuffed mushrooms with ratatouille & vegan cheese (v)(vg)(gf)	Sweet potato & kale risotto (gf)(v)	Garden vegetable cottage pie (v)(gf)(vg)	Leek & potato bake (v)(vg)(gf)	Vegetable spring rolls with sweet chilli dip (v)(vg)
Potatoes	Skinny Fries (v)(vg)(gf)	Paprika roast potato (v)(gf)(vg)	Mustard mash (v)(vg)(gf)	Sautéed potato (v)(vg)(gf)	Roast potato (v)(gf)(vg)	Thyme roast potato (v)(gf)(vg)	Roast potato (v)(vg)(gf)
Rice and Pasta	Basmati rice (v)(vg)(gf)	Seasoned rice (v)(gf)(vg)	Seasoned rice (v)(vg)(gf)	Chunky fries (v)(vg)(gf)	Egg noodles (v)	Mash potato (v)(gf)	Potato croquettes (v)
Vegetables	Mixed vegetables (v)(vg)(gf)	Cauliflower florets (v)(gf)(vg)	Green beans (v)(vg)(gf)	Broccoli florets (v)(vg)(gf)	Mixed vegetables (v)(gf)(vg)	Ratatouille vegetables (v)(gf)(vg)	Garden peas (v)(vg)(gf)
vegetables	Sliced carrots (v)(vg)(gf)	Peas & carrots (v)(gf)(vg)	Baby corn (v)(vg)(gf)	Julienne vegetables (v)(vg)(gf)	Savoy cabbage (v)(gf)(vg)	Carrot Batons (v)(gf)(vg)	Roast root vegetables (v)(vg)(gf)

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup of the day	Leek & potato soup (v)(vg)(gf)	French Onion (v)(vg)(gf)	Yellow Split pea (v)(vg)(gf)	Sweet potato & coconut soup (v)(vg)(gf)	Minestrone soup (v)(vg)	Cream of mushroom (v)(gf)	Carrot & coriander
LUNCH							
Lunch Meat	Grilled chicken piri piri (gf)	Grilled pork steak with wild mushroom sauce	Beef and Vegetable Casserole	Marinated garlic chicken with tomato & chorizo sauce	Beef & vegetable stir-fry with black bean sauce	Marinated Caribbean pork steak (gf)	Chicken Tikka
Lunch Fish	Smoked haddock & mozzarella fishcakes with dill mayo (gf)	Fish pie with potato topping	Baked coley with tomato & olive dressing (gf)	Thai fishcakes with sweet chilli sauce (gf)	Baked cod with jalapeno dressing (gf)	Polenta crusted haddock with pepper salsa	Baked salmon with lemon & herb dressing (gf)
Lunh Veg/Vegan	Vegetable Pakora and Spicy Tomato Dip	Stuffed mushrooms with ratatouille & vegan cheese (v)(vg)(gf)	Vegetable spring rolls with sweet chilli dip (v)(vg)	Chick Pea Cassoulet	Penne pasta with arrabiata sauce (v)(vg)	Garden vegetable cottage pie (v)(vg)(gf)	Vegan Mossaka
Potatoes	Boiled new potato (v)(vg)(gf)	Potato wedges (v)(vg)	Mustard mash (v)(vg)(gf)	Boiled new potato (gf)(v)(vg)	Paprika roast potato (v)(vg)(gf)	Boiled new potato (v)(vg)(gf)	Potato wedges (v)(vg)(gf)
Rice and Pastas	Seasoned rice (v)(vg)(gf)	Sautéed potato (v)(vg)(gf)	Cajun spiced potato (v)(vg)(gf)	Seasoned rice (gf)(v)(vg)	Egg noodles with chilli (v)	Seasoned rice (v)(vg)(gf)	Seasoned rice (v)(vg)(gf)
Veg 1	Peas & sweetcorn (v)(vg)(gf)	Mexican sweetcorn (v)(vg)(gf)	Baby corn (v)(vg)(gf)	Sweetcorn (gf)(v)(vg)	Mixed vegetables (v)(vg)(gf)	Green beans (v)(vg)(gf)	Ratatouille vegetables (v)(vg)(gf)
Veg 2	Green beans (v)(vg)(gf)	Cauliflower & broccoli (v)(vg)(gf)	Green beans (v)(vg)(gf)	Glazed carrots (gf)(v)(vg)	Garlic bread (v)	Batons of carrot (v)(vg)(gf)	Batons of carrot (v)(vg)(gf)

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DINNER							
dinner Meat	Braised beef olives with roast onion gravy	Southern fried chicken with BBQ sauce	Pork & beef meatballs with spicy tomato sauce	Roast lamb with rosemary jus (gf)	Beef & vegetable Casserole	Sweet and Sour Chicken	Chicken and Ham Pie with Puff Pastry
Dinner Fish	Pollock fillet chimichurri sauce (gf)	Baked cod with tomato & herb sauce (gf)	Seafood paella (gf)	Haddock mornay	Balsamic glazed salmon with chives (gf)	Grilled hake fillet with pepper salsa Verde (gf)	Seafood paella (gf)
Dinner VEG/VEGAN	Penne pasta aribiatta sauce (v)(vg)	Vegetable pakora with mango chutney (v)	Cheese tortellini with tomato & herb sauce (v)	Sweet potato & apricot Tagine (gf)(vg)(v)	Vegetable & mixed bean chilli with taco shells (v)(vg)(gf)	Vegetable spring rolls with sweet chilli dip (v)(vg)	Mixed Falafel, beetroot, sweet potato & mint Pitta breads tzatziki (v)
Dinner VEG/VEGAN	Macaroni leek and Cheese bakewith herb Crust	Sweet poatto & Caribbean lentil jerk (v)(vg)(gf)	Stuffed peppers with Quinoa and mixed beans (v)(vg)(gf)	Cheese tortellini withRed Pesto sauce (v)	Veg Quorn bolognaise & mushroom	Sweet Potato and Kale Risotto	Leek & potato bake (v)(vg)(gf)
Potatoes	Potato croquettes (v)	Curly fries (v)(vg)(gf)	Thyme roast potato (v)(vg)(gf)	Spring onion mash (gf)(v)	Sautéed potato (v)(vg)(gf)	Skinny Fries (v)(vg)(gf)	Thyme roast potato
Rice and Pasta	Seasoned rice (v)(vg)(gf)	Seasoned rice (v)(vg)(gf)	Curly fries (v)(vg)(gf)	Tomato & garlic cous cous (vg)(v)	Seasoned rice (v)(vg)(gf)	Basmati rice (v)(vg)(gf)	Curly fries
Vegetables	Mixed vegetables (v)(vg)(gf)	Carrot & turnip (v)(vg)(gf)	Cauliflower florets (v)(vg)(gf)	Broccoli & cauliflower florets (gf)(vg)(v)	Green beans (v)(vg)(gf)	Mixed vegetables (v)(vg)(gf)	Cauliflower florets
vegetables	Braised red cabbage (v)(vg)(gf)	Julienne vegetables (v)(vg)(gf)	Peas & sweetcorn (v)(vg)(gf)	Julienne vegetables (gf)(vg)(v)	Mexican sweetcorn (v)(vg)(gf)	Sliced carrots (v)(vg)(gf)	Peas & sweetcorn