



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soup</b>	<h1>See Daily Menu</h1>				
<b>Main Meal</b>	Farm assured Thai red chicken curry with peppers and shoots	Farm assured slow cooked Jerk pork shoulder	Farm assured Classic beefs bolognaise with sundried tomatoes	Farm assured Lamb kleftico with garlic and mint	Breaded plaice fillet with capers and dill Game pie with roasted balsamic shallots
<b>Main Meal Vegetarian</b>	Grilled vegetable satay with coconut and peanuts	Macaroni pie with paprika and Red leister	Roasted Provencal vegetable Arribiatta with Tuscan chillies	Plum Tomato and aubergine pastichio with feta cheese	Butternut squash and goats cheese with caramelized red onion En croute
<b>Healthy Option</b>	chilli fish and sweet corn noodle soup with vegetable dim sum	Chilli bean and squash burrito With sour cream and salsa	Tortellini formagio with lemon rocket pesto and pumpkin seeds	Giant beans with baked egg and capers	Smoked haddock, spinach and poached duck egg with cheddar sauce
<b>Side dishes</b>	Jasmine rice Veggie spring rolls Coriander baby corn Asian style crisp salad with sesame	Rice and beans Seasoned potato wedges Chilli sweet corn Rainbow salad Cajun slaw	Fuseli pasta Mixed leaves Garlic ciabatta with mozzarella Green beans and tapenade Pesto potatoes	Radish and pea shoot salad Long grain rice with olives and lentils Courgettes and dill Fried potatoes	Mustard Mash Mushy peas Chip shop chips House salad Panache of vegetables Tartar sauce and pickles