

Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Mains	Mains	Mains	Mains
Breast of Chicken rubbed with garlic served with a Mushroom & Brie sauce GF	Beef Madras GF DF with a Mango Chutney and Poppadom	Salt N Pepper Pork Belly GF DF	Sweet & Sour Chicken GF DF	Rump of Lamb with Pomegranate & Asparagus GF DF
Fillet of herb crusted Sea- Trout with a Lemon dressing GF DF	Fillet of Tilapia with a Lobster & Prawn Sauce	Fillet of Salmon with a Honey & Garlic glaze GF	Fillet of Hake with a Citrus Fruit dressing GF DF	Squid Linguini with Chilli, Sweet Peppers & Parmesan
Vegetable & Mixed Bean Chilli GF DF VE	Fresh Mushroom & Spinach Ravioli glazed with a homemade pesto dressing DF VE	Veggie Meatballs with Roasted Tomato & Red Pepper Sauce DF VE	Lentil Pattie topped with Spinach, Tomato & Cheese DF VE	Wild Mushroom, Pea & Leek Risotto GF DF
Sides	Sides	Sides	Sides	Sides
Rice Lyonnaise potatoes	Rice Parsley potatoes	Rice Pasta Mash potato	Jasmine rice Chive roasted potatoes	Savoury rice Boulangier potatoes
Broccoli Chantenay carrots	Mixed greens Carrot and suede puree	White cabbage and onions Garden peas	Savoy cabbage Sweetcorn	Panache of mixed vegetables
Desserts	Desserts	Desserts	Desserts	Desserts
Baked fruit strudel and custard	Bread and butter pudding with a fruit coulee and creme fresh	Goopy Chocolate cake and custard	Sticky Toffee Pudding with custard	Mixed berry sponge and custard
Rainbow cake	Chocolate trifle	Fresh strawberry tart	Chocolate fudge cake with ice cream	Eton mess