

Monday	Tuesday	Wednesday	Thursday	Friday
Mains	Mains	Mains	Mains	Mains
Citrus crumb Turkey Escalope with a Peppered Sauce	Cottage Pie GF	Mint Leaf Chicken GF DF	Pork Stroganoff GF	Beef Stew and Dumplings DF
Tuna Steak with a Shallot, Tomato, Tarragon & Lemon Dressing GF DF	Fillet of Sea – Trout with a Mediterranean dressing GF DF	Fillet of Salmon with a Teriyaki Sauce GF DF	Smoked Haddock & Leek Risotto GF	Grilled Sea Bass with a Crab Butter GF
No Chicken wraps with Salad, Guacamole, Salsa and a choice of vegan Cheese DF VE GF available on request	Vegetable Filo Puff DF VE	Lentil, Butter bean, Spinach & Roasted Pepper Bake GF DF VE	Vegetable Mousakka GF DF VE	Jackfruit Bao Buns DF VE
Sides	Sides	Sides	Sides	Sides
Rice Roasted thyme & garlic potatoes	Rice Herby diced potatoes	Rice Boiled new potatoes	Rice Parmentier potatoes	Rice Mash potato
Mixed greens	Cabbage & pea mix	Mixed diced vegetables	Roasted vegetables Swede & carrot mix	Mediterranean vegetables
Desserts	Desserts	Desserts	Desserts	Desserts
Chocolate S'Mores & custard	Butterscotch sponge & custard	Apple crumble and custard	Churros with custard	Chocolate sponge with a chocolate ganache and custard
Selection of GU pots	Individual Victoria sponge	Trio of mini desserts	Lemon Cheesecake	Red velvet cake