

Day	Meal	Soup	Main course	Veggie main course	Sides 1	Dessert
Monday lunch		Carrot and coriander	Vietnamese style pork belly with noodles and beansprouts	Butternut fritters	Mange tout, sugar snaps, corn on the cob	Rice pudding, fruit, yoghurts
Monday dinner			Nando's chicken	Nando's tofu or paneer	Chips, beans, coleslaw	Fruit, yoghurts
Tuesday lunch		Broccoli and Stilton	Braised shin steak, onion gravy	Aubergine involtini	Roast potatoes, spring greens, carrots	Fresh fruit salad, yoghurts
Tuesday dinner			Roast lamb rump with samphire, honeyed ale sauce	Butternut and quinoa stack	Glamorgan sausage potatoes, salsify, minted crushed peas	Welsh cakes with fruit compote and clotted cream
Wednesday lunch		Golden vegetable and green herb gumbo	Roast chicken breast with salsa verde	Roast peppers stuffed with lentils and spinach	Mascarpone and tomato pasta, broccoli, courgette fritters	Fresh fruit salad, yoghurts
Wednesday dinner			Irish night - soda bread, split pea and bacon soup, Irish lamb stew with Guinness and vegetables, swede colcannon			Irish coffee cupcakes
Thursday lunch		Tomato and basil	Roast gammon with sweetcorn salsa	Chick pea, pepper and apricot bake	Arroz rojo (Mexican red rice), mixed vegetables	Fresh fruit salad, yoghurts
Thursday dinner			Roast venison with stroganoff sauce	Mushroom and cannellini bean stroganoff	Caramelised mushroom gnocchi, green beans, kale	Triple chocolate mousse cake
Friday lunch			Breaded haddock, salmon fillet on toast with fresh taramasalata, cod and Parmesan burger	Veggie burgers	Chips and baked beans, mushy peas	