

Day	Meal	Soup	Main course	Veggie main course	Sides 1	Dessert
Monday lunch		Leek and potato	Chicken katsu curry	Courgette schnitzel with katsu sauce	Sticky rice, broccoli, pak choi	Rice pudding, fruit, yoghurts
Monday dinner			Bangers and mash	Veggie sausages and mash	Peas, onion gravy	Fruit, yoghurts
Tuesday lunch		Pheasant, bacon and puy lentil	Lamb shawarma with tahini yoghurt	Slow-baked aubergine shawarma with tahini yoghurt	Cous cous, spring greens, leeks	Fresh fruit salad, yoghurts
Tuesday dinner			Sir Erik Memorial - Skagen, Swedish meatballs with sour cream and onion gravy	Veggie skagen, veggie meatballs	Mashed potatoes, green beans, savoy cabbage	Cinnamon buns
Wednesday lunch		Vegetable broth	Pork rib-eye steaks with apples and cider crème fraiche sauce	Parsnip and chick pea fritters	New potatoes, roast roots	Fresh fruit salad, yoghurts
Wednesday dinner			South African Braai - rusks and rooibos // ostrich steak, boerwors sausage // lamb bobotie // braai-broodjies			Peppermint crisp pudding
Thursday lunch		Tomato and basil	Chicken pie with suet crust	Quorn pie	Mixed vegetables	Fresh fruit salad, yoghurts
Thursday dinner			Boeuf Bourguignon	Baked field mushrooms with Bourguignon sauce	Swede mash, roast beetroot, tenderstem broccoli	Rhubarb and custard roulade
Friday lunch			Breaded haddock // Sea bass fillets with Spanish saffron and chorizo rice // Mussels with smoked bacon cream sauce // Salmon and samphire		Chips and baked beans	Fresh fruit salad, yoghurts