

Day	Meal	Soup	Main course	Veggie main course	Sides 1	Dessert
Monday	lunch	Split pea and smoked ham	Thai green chicken curry	Thai green vegetable and lentil curry	Sticky rice, broccoli, mange tout	Rice pudding, fruit, yoghurts
Monday	dinner		Pasta Bolognese			Fruit, yoghurts
Tuesday	lunch	Cauliflower	Roast turkey, sundried tomato and crème fraiche sauce	Pepper and polenta bake, sundried tomato and crème fraiche sauce	Parmentier potatoes, savoy cabbage, mushrooms	Fresh fruit salad, yoghurts
Tuesday	dinner		Baked trout with mussel cream sauce		Crushed new potatoes, green beans	Strawberry cheesecake
Wednesday	lunch	Courgette and feta	Chicken schnitzel with salsa puttanesca	Aubergine schnitzel with salsa puttanesca	Pesto pasta, peas, roast butternut	Fresh fruit salad, yoghurts
Wednesday	dinner		Argentinian night - beef asado, chicken and green pepper empanadas, chorizo		Queso fresco, flatbreads, chimichurri, salsa criolla	Dulce de leche cookies
Thursday	lunch	Tomato and basil	Roast gammon with parsley sauce	Veggie lentil bake	Mashed potatoes, mixed vegetables	Fresh fruit salad, yoghurts
Thursday	dinner		Roast duck breast, confit duck leg and prune parcels, port sauce		Cauliflower puree, roast heritage carrots, tenderstem broccoli	Cherry and raspberry trifle
Friday	lunch		Scampi, sea bream fillets with fondant potato and spinach, cod with puttanesca sauce		Chips, beans, mushy peas	