

Day	Meal	Soup	Main course	Veggie main course	Sides 1	Dessert
Monday	lunch	Curried parsnip and coconut	Beef chilli with sour cream		Rice, broccoli, tortilla chips	Fresh fruit salad, yoghurts
Monday	dinner		Bangers and mash		Peas	Fruit, yoghurts
Tuesday	lunch	Chicken broth	Paella with chicken and chorizo or seafood		Corn on the cob, courgette fritters	Fresh fruit salad, yoghurts
Tuesday	dinner		Lamb shawarma with saffron tomato sauce, cauliflower and pea samosas, strained yoghurt		Lentils, pilau rice, spring greens	Hot cross bun bread and butter pudding, whipped cream
Wednesday	lunch	Mushroom	Braised beef with peppercorn sauce		Buttered new potatoes, roast root vegetables	Fresh fruit salad, yoghurts
Wednesday	dinner		Japanese night - sushi, pork yakitori, chicken okonomiyake		Noodles, edamame beans	Matcha cookies
Thursday	lunch	Tomato and basil	Chicken and mushroom stroganoff		Pasta, mixed vegetables	Fresh fruit salad, yoghurts
Thursday	dinner		Game pie with suet crust, redcurrant gravy		Celeriac mash, tenderstem broccoli, roast beetroot	Pineapple and coconut creme caramel
Friday	lunch		Moules Marinieres, breaded cod cheeks, hake fillets with Spanish chorizo and chick pea stew		Chips, baked beans, mushy peas	