

Day	Meal	Main course	Veggie main course	Sides 1	Dessert
Tuesday	lunch	Pork loin with wholegrain mustard cream sauce	Lentil and pumpkin seed roast with mustard cream sauce	Roast new potatoes, roast carrots and parsnips, peas	Sponge and custard
Tuesday	dinner	Pasta Bolognese	Mushroom jerky ragu with pasta		Fruit, yoghurts
Wednesday	lunch	Roast chicken with wild mushroom sauce	Roasted pepper, courgette and polenta fritters with cherry tomato salsa	Risotto alla Milanese, broccoli, spring greens	Fresh fruit salad, yoghurts
Wednesday	dinner	Languedoc - goats cheese on toast, chicken apricot terrine//cassoulet - duck, Toulouse sausage, pork belly	Quorn terrine, veggie sausage cassoulet	Crusty bread, green salad	Cherry crème brulee, sable biscuits
Thursday	lunch	Roast gammon with ginger, soy and honey glaze	Glazed tofu with ginger, soy and honey	Egg fried rice, mixed vegetables	Fruit, yoghurts
Thursday	dinner	Steak and ale pie with mushrooms	Roast cauliflower and chestnut pie with red pepper sauce	Mustard mash, spinach, roast butternut	Apple and blackcurrant crumble with ice cream
Friday	lunch	Breaded haddock, sea trout fillets, sea trout Scotch egg, sea bass fillets with mushrooms and celeriac puree, moules Marinieres		Chips and baked beans	