

Day	Meal	Main course	Veggie main course	Sides	Dessert
Monday	lunch	Lamb casserole with herby feta dumplings	Mushroom and lentil casserole	Roast carrots and parsnips, green beans	Rice pudding
Monday	dinner	Bangers and mash	Veggie sausages	Peas and onion gravy	Fruit, yoghurts
Tuesday	lunch	Pork rib-eye steak with mushroom sauce	Slow-roast aubergine stuffed with ratatouille	New potatoes, broccoli, butternut	Fresh fruit salad, yoghurts
Tuesday	dinner	Burns Night - Highland venison, whisky and peppercorn sauce, haggis croquette	Veggie haggis	Mashed potatoes, swede, kale	Mars bar and shortbread mousse cake with honeycomb
Wednesday	lunch	Chicken katsu curry	Crispy marinated tofu katsu	Noodles, sugar snaps and mange tout, beansprouts	Fruit, yoghurts
Wednesday	dinner	Arabian Night - hummus with flatbreads, crispy tahini and lemon chicken wings, beef koftas with mint and cucumber yoghurt, merguez sausages, tabouleh salad with pomegranate		Veggie koftas and sausages, tahini and lemon tofu skewers	Rose and cherry nougat
Thursday	lunch	Honey and mustard glazed gammon	Peppers stuffed with red lentils and cannellini	Leek and cheese pasta bake, mixed vegetables	Fruit, yoghurts
Thursday	dinner	Japanese duck with miso crust, duck leg gyoza, shiitake, soy and ginger dressing	Shiitake and oat gyoza	Jasmine rice, stir-fried daikon and carrot, mizuna greens and pak choi	Sticky toffee pudding and ice cream
Friday	lunch	Breaded haddock, hake with smoked pork, potatoes and spinach, cod cheek tikka masala, mussels in leek and white wine sauce		Chips and beans	