

Day	Meal	Main course	Veggie main course	Sides	Dessert
Monday	lunch	South African chicken and mango curry with yellow rice	Veggie curry with butternut	Broccoli, green beans	Rice pudding
Monday	dinner	Pasta Bolognese	Veggie sausages and mash		Fruit, yoghurts
Tuesday	lunch	Lamb with cherry tomatoes and oregano	Caponata with feta	Sage gnocchi, butternut, spring greens	Fresh fruit salad, yoghurts
Tuesday	dinner	Pheasant pie	Cauliflower and mushroom pie	Crushed new potatoes, savoy cabbage and leeks	Lime and ginger cheesecake with mango compote
Wednesday	lunch	Lemon, garlic and thyme roast chicken	Courgette, pea and mint fritters	Red pesto pasta, roast carrots and parsnips, peas	Fruit, yoghurts
Wednesday	dinner	Japanese night - sushi selection ( - tuna and egg, salmon and avocado, prawn, crab), okonomiyake with chicken, yakitori pork belly, udon noodles, edamame beans			Matcha cookies
Thursday	lunch	Roast pork, wholegrain mustard cream sauce	Baked polenta with roast peppers and artichokes	Roast new potatoes, mixed vegetables	Fruit, yoghurts
Thursday	dinner	Ox cheeks with gentleman's relish	Veggie bake with toasted chickpea stuffing	Celeriac mash, tenderstem broccoli, mushrooms	Bread and butter pudding with custard
Friday	lunch	Breaded haddock, fish pie with salmon, smoked haddock and cod, mackerel and mascarpone bruschetta, prawn and shiitake noodles		Chips and beans	