

Day	Meal	Soup	Main course	Veggie main course	Sides 1	Dessert
Monday lunch		Rocket and crème fraiche	Lamb and apricot tagine	Butternut and bean tagine	Cous cous, leeks, broccoli	Rice pudding
Monday dinner			Nando's chicken	Nando's style tofu or paneer	Chips, beans and coleslaw	Fruit, yoghurts
Tuesday lunch		Mushroom and thyme	Roast turkey with tarragon cream sauce	Roasted mushroom and caramelised fennel stack	Pasta cacio e pepe, peas, grilled butternut	Fresh fruit salad, yoghurts
Tuesday dinner			Pork fillet medallions, pulled pork and sweetcorn croquettes, sour cream and jalapeno sauce	Jackfruit croquettes with sour cream and jalapeno sauce	Butter roast new potatoes, cauliflower cheese, garlicky green beans	Apple crumble and custard
Wednesday lunch		Smoked haddock chowder	Beef and shiitake stir-fry	Veggie stir fry	Sticky rice, Chinese cabbage and pak choi, sugar snaps	Fresh fruit salad, yoghurts
Wednesday dinner			Greek Night - lamb kleftikoe, chicken and halloumi gyros	Falafel with tahini dressing and semi-dried tomatoes, spanakopita	Gigantes plaki, dolmades, pitta and tzatziki, Greek salad	Bougatsa (Greek custard pie with filo pastry)
Thursday lunch		Tomato and basil	Toad in the hole with onion gravy	Veggie toad	Mashed potatoes, mixed vegetables	Fresh fruit salad, yoghurts
Thursday dinner			Roast beef rump with Bordelaise sauce	Pumpkin seed and lentil roast with Bordelaise sauce	Dauphinoise potatoes, baby onions, confit tomatoes, tenderstem broccoli	Tiramisu
Friday lunch			Duck egg and smoked haddock Scotch eggs with Hollandaise, breaded haddock, paella Valenciana with squid, mussels and prawns, mussels in Thai coconut broth		Chips and baked beans	Fresh fruit salad, yoghurts