

Day	Meal	Soup	Main course	Veggie main course	Sides 1	Dessert
Monday	lunch	Butternut	Pork chops with sweetcorn salsa	Veggie sausages	Baked sweet potato with sour cream and chives, broccoli, peppers	
Monday	dinner		Lemon pepper and garlic roast chicken		Pesto pasta	
Tuesday	lunch	Broccoli and Stilton	Beef stroganoff	Mushroom stroganoff	Rice, cabbage, peas	Fresh fruit salad, yoghurts
Tuesday	dinner		Roast turkey with tarragon cream sauce		Crushed new potatoes with lemon and herbs, tenderstem broccoli, carrots	Cheese and biscuits
Wednesday	lunch	Creamy chicken	Chicken tagine	Veggie tagine	Cous cous, butternut, green beans	Fresh fruit salad, yoghurts
Wednesday	dinner		Irish night - lamb stew, split pea and ham soup, soda bread		Colcannon	Baileys cupcakes
Thursday	lunch	Tomato and basil	Pork and bean stew with chorizo	Veggie casserole	Gnocchi, mixed vegetables	Fresh fruit salad, yoghurts
Thursday	dinner		Belated Burns Night: Venison and haggis Wellington, Scotch whisky and peppercorn gravy		Neeps, tatties, kale	Mars bar shortbread mousse cake
Friday	lunch		Breaded haddock, mussels in white wine cream sauce, cockle and crab risotto		Chips and baked beans	Fresh fruit salad, yoghurts