

Day	Meal	Soup	Main course	Veggie main course	Sides 1	Dessert
Monday lunch		Carrot and coriander	Chicken, carrot and celeriac casserole with bacon and cheese dumplings	Quinoa and sweetcorn fritters with veggie casserole	Broccoli, savoy cabbage	Rice pudding
Monday dinner			Bangers and mash with onion gravy	Veggie sausages and mash with onion gravy	Peas	Fruit, yoghurts
Tuesday lunch		Split yellow pea dal with smoked duck	Beef stroganoff	Mushroom stroganoff	Bulghar wheat, mange tout, roast parsnips	Fresh fruit salad, yoghurts
Tuesday dinner			Roast guinea fowl with salsa Romesco	Butternut tortilla with salsa Romesco	Herby new potatoes, green beans, roast cauliflower	Raspberry cheesecake
Wednesday lunch		Broccoli and Stilton	Lamb and paneer jalfrezi	Cauliflower, paneer and pepper jalfrezi	Basmati rice, spring greens, butternut	Fresh fruit salad, yoghurts
Wednesday dinner			Chinese theme night - Dim sum (pork and radish dumplings, prawn and shiitake spring rolls), Peking duck with pancakes, plum sauce, cucumber and spring onions, egg fried rice, prawn crackers			Toffee apple spring rolls with coconut ice cream
Thursday lunch		Tomato and basil	Ginger beer roast gammon	Courgette and mint fritters with grilled tomato	Linguine with rocket, goats cheese and sunblush tomatoes, mixed vegetables	Fresh fruit salad, yoghurts
Thursday dinner			Roast beef and Yorkshire puddings	Parcel of grilled vegetables and goats cheese with tomato sauce	Roast potatoes, roast carrots, tenderstem broccoli	Rocky road chocolate mousse and shortbread
Friday lunch			Sea trout with chorizo, poached eggs, potatoes and Romesco	Fish finger	Chips and beans	Fresh fruit salad, yoghurts