

Day	Meal	Soup	Main course	Veggie main course	Sides 1	Dessert
Monday lunch		Pea St Germain	Thai green pork curry	Thai green vegetable and lentil curry	Sticky rice, broccoli, mange tout	Rice pudding, fruit, yoghurts
Monday dinner			Pasta Bolognese	Veggie Bolognese		Fruit, yoghurts
Tuesday lunch		Chinese beef noodle consommé	Roast turkey, sundried tomato and crème fraiche sauce	Artichoke, pepper and polenta bake, sundried tomato and crème fraiche sauce	Pesto pasta, peas, roast butternut	Fresh fruit salad, yoghurts
Tuesday dinner			Baked trout, caramelised hispy cabbage with mussel and lemon caper butter, mussel cream sauce	Red pepper stuffed with mushroom lentils with lemon caper butter	Crushed new potatoes, green beans	Blueberry pancakes with maple syrup and vanilla mascarpone
Wednesday lunch		Chunky vegetable	Chicken schnitzel with salsa puttanesca	Aubergine schnitzel with salsa puttanesca	Parmentier potatoes, sauteed savoy cabbage, mushrooms	Fresh fruit salad, yoghurts
Wednesday dinner			Argentinian night - beef asado, chicken and green pepper empanadas, chorizo	Veggie chorizo, grilled mushrooms, veggie empanadas	Queso fresco, flatbreads, chimichurri, salsa criolla, char-grilled courgettes	Dulce de leche cookies
Thursday lunch		Tomato and basil	Lamb and roasted pepper lasagne	Veggie lasagne / vegan jackfruit moussaka	Mixed vegetables	Fresh fruit salad, yoghurts
Thursday dinner			Roast duck breast, confit duck leg and prune parcels, port sauce	Filo parcel of grilled vegetables and smoked cheese with port sauce	Cauliflower puree, roast heritage carrots, tenderstem broccoli	Cherry and raspberry trifle
Friday lunch						