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| WEEK 1 |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Soup****Station** **With Fresh Baked Bread** |  Autumn root soup |  Courgette and mint soup | Mulligatawny Soup  | Roasted carrot and onion soup | Tomato & Rocket soup |
| **Chef’s Dish of the Day** | PLANT BASED DISH DAY EAT Curious dehydrated piecesSpaghetti Bolognaise  | Chicken Pie with crispy puff pastry lid | Honey roast gammonwith Rich gravy | Sweet and sour chicken  | Beef burgers with a soft brioche bun |
| **Vegetarian Dish of the Day** | Eat curious Egg fried rice & peas | Vegetable pie with puff pastry lid  | Stuffed mushrooms with carrot, sage, Feta & onion. | Sweet n Sour vegetable casserole | Vegetable burger with a soft burger bun |
| **Sides** | Broccoli , Sweetcorn Spaghetti Soft tacos  | Crushed new potatoesMixed salad Peas | Roasted potatoes.Steamed medley of vegetables | Stir fried peppers & onionsPak choiEgg noodles | Chunky oven chipsGarden peasBaked beans |
| **Fresh Salad Bar including oily fish available everyday – Fresh Fruit & Yoghurts available daily**  |
| **Dessert of the Day** | Vegan Chocolate Mousse  | Rice Pudding with a selection of toppings  | Ice cream bar – vanilla ice cream pots with a selection of fresh fruit coulis, sauces & toppings | Selection of fruit & Greek yoghurt with various toppings and sauces | Shortbread |
| For allergen information please speak to a member of the team. |

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| **WEEK 2** |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Soup****Station** **With Fresh Baked Bread** | 2nd PLANT BASED DAYTomato and Basil soup | Three root soup | Vegan mushroom cream soup  | Celeriac soup | Tuscan bean soup |
| **Chef’s Dish of the Day** | Pasta Pomodoro / side of rocket and fresh basil  | Thai green chicken curry & coconut milk with beansprouts | Slow cooked BBQ shoulder of Pork with red onion and peppers  | Beef Chilli con carne & sour cream | Fish fingers with lemon wedges and tartare sauce |
| **Vegetarian Dish of the Day** | Tomato and Basil puff pastry tarts, olive oil & mozzarella  | Thai vegetable curry | Sweet n sour paneer | Macaroni and cheese | Mushroom Stroganoff with Chickpeas |
| **Sides** | Peas / Sweetcorn | Roasted cumin cauliflower Indian style tomato & onion coriander salad Steamed rice | Warm tortillas Sauteed peppers & onions  | Pilaff rice Green Beans / CarrotsSour cream | Chunky chipsSpinach & rocket saladBaked beans |
| **Fresh Salad Bar with oily fish available everyday– Fresh Fruit & Yoghurts available daily** |
| **Dessert of the Day** | Vegan Mango & Coconut mousse | Selection of fruit & Greek yoghurt with various toppings and sauces | Fruit sponge & Custard | Selection of fruit & Greek yoghurt with various toppings and sauces | Carrot Cake  |
| For allergen information please speak to a member of the team. |

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|  **WEEK 3** |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Soup****Station****With Fresh Baked Bread** | Chickpea and chilli soup | Broccoli and stilton soup  | Leek and potato | Carrot and carraway | Pea and mint |
| **Chef’s Dish of the Day** | Pasta Primavera & red lentils  | Homemade pork sausage plait with vegetarian gravy |  Beef Lasagne with fresh Basil & rich tomato sauce | Chicken Fajitas with Tortilla wraps |  Fillet of fish lemon wedges, tartare sauce  |
| **Vegetarian Dish of the Day** | Pesto Pasta with mozzarella  | Quorn sausage with roasted vegetables  |  Vegetable skewer kebabs with Paneer  | Vegetable Fajitas & black beans | Fishless fish fingers (GF) |
| **Sides** | Broccoli Sweetcorn | Steamed new potatoesCauliflowerMedley of seasonal vegetables  | Steamed carrots & Green beansTomato, red onion & olive salad  | Soft tortilla wrapsStir fried peppers and onionsRed cabbage slawSour cream | Lightly crushed new potatoesBaked beansPeas |
| **Fresh Salad Bar with oily fish available everyday– Fresh Fruit & Yoghurts available daily** |
| **Dessert of the Day** | Courgette and Lime cake | Selection of fruit & Greek yoghurt with various toppings and sauces | Apple crumble with custard | Sugar free fruity jelly pots | Naturally sweetened cranberry flapjack |
| For allergen information please speak to a member of the team. |