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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 pieces  Spaghetti Bolognaise | Chicken Pie with crispy puff pastry lid | Honey  roast gammon  with  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 potatoes  Mixed salad  Peas | Roasted potatoes.  Steamed medley of vegetables | Stir fried peppers & onions  Pak choi  Egg noodles | Chunky oven chips  Garden peas  Baked 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 DAY  Tomato 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 / Carrots  Sour cream | Chunky chips  Spinach & rocket salad  Baked 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 potatoes  Cauliflower  Medley of seasonal vegetables | Steamed carrots &  Green beans  Tomato, red onion & olive salad | Soft tortilla wraps  Stir fried peppers and onions  Red cabbage slaw  Sour cream | Lightly crushed new potatoes  Baked beans  Peas |
| **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. | | | | | |