

	monday	tuesday	wednesday	thursday	friday
soup	leek and sweet potato croutons chives	tomato and red onion croutons herb yogurt	green pea and watercress croutons mixed vegetables	cauliflower and chive croutons vegetable crisps	celeriac and stilton croutons natural yogurt
main	oriental glazed chicken with chinese vegetables savoury rice	pasta carbonara bake herbed foccacia bread	cottage pie new potatoes	roast lamb with rosemary and mint sauce roast potatoes	breaded plaice fillet chipped potatoes
vegetarian	quorn and vegetable goulash	curried eggs with vegetable rice	cheese and vegetable lattice	spicy bean and tomato tacos	vegetarian cannelloni in tomato sauce
pasta sauce	beef bolognaise	creamy prawn and parsley	tomato and basil	bacon and tomato	herby cheese and onion
baked potato	baked beans grated cheese	baked beans coleslaw	baked beans tuna mayonnaise	baked beans coronation chicken	baked beans barbecue quorn
vegetables	sweetcorn roast courgettes	broccoli carrots	green beans cauliflower	mixed vegetables roast parsnips	peas baby sweetcorn
salad bar	green pea and apple roast peppers, bulgar wheat tuna and baby sweetcorn blue cheese,celery, grapes lettuce, tomato, cucumber	radish and spinach salad herb and tomato cous cous mediterranean chicken chilli beef and peppers lettuce, tomato, cucumber	grated carrot and raisin sweet potato and red onion smoked cheese and apple coriander chicken and lentils lettuce, tomato, cucumber	mixed cabbage coleslaw lemon and herb tortellini ginger and orange pork mackerel, apple and fennel lettuce, tomato, cucumber	roast courgette and mint spicy green lentils and rice chicken caesar salad cheese, cucumber, spring onion lettuce, tomato, cucumber
dessert	strawberry cheesecake	pear and apple crumble cake and cream	butterscotch tart cream	fresh fruit meringue	chocolate and raisin flapjack