



Monday

Braised chicken with chorizo, plum tomatoes, butter beans and parsley

Spanish omelette with caramelised onion and soft herbs

Vegetable paella with Quorn, roasted peppers, peas, and saffron

Patatas bravas

Green beans with tomatoes and sunflower seeds

Mixed vegetable pesto

Jacket potatoes with a choice of toppings and grated cheese

Arroz con leche

Tuesday

Breaded pork schnitzel with sauerkraut and mustard seeds

Bavarian beef stew with root vegetables and red wine

Potato and celeriac pancake with horseradish and dill

German style fries

Braised red cabbage

Creamed spinach

Freshly cooked pasta with a choice of sauces

Warm apple and cinnamon cake

Wednesday

Crispy Sweet and sour chicken with pineapple, peppers and red onion

Chinese braised beef chow mein with shredded vegetables and rich broth

Firecracker tofu with roast broccoli and chilli and sesame glaze

Stir fried rice

Chinese greens

Steamed baby corn

Jacket potatoes with a choice of toppings and grated cheese

Chocolate brownies

Thursday

Traditional Greek lamb mousaka with roast aubergines and bechamel topping

Greek style roasted fish with tomato, oregano and lemon

Spinach, feta and caramelised onion spanakopita tray bake

Roast potatoes with lemon and garlic

Gigantes plaki
(Butterbeans in tomato sauce)

Roasted vegetable briam

Gnochhi with tomato sauce, parmesan and basil

Baked white chocolate and raspberry custard

Friday

Moroccan Chicken tagine with dried fruits, cumin and olives

Baked fish with cumin, chilli, tomato and preserved lemon

Seven vegetable tagine with chickpeas, dried fruit and coriander

Steamed Cous cous

Chermoula cauliflower

Roasted vegetables with coriander and fennel seeds

Jacket potatoes with a choice of toppings and grated cheese

Meskouta orange cake

Saturday

Beef bourginon with smoked bacon, chestnut mushrooms and button onions

Chicken chasseur with white wine, tomato and tarragon

Red onion tart with goats cheese and thyme

Dauphinoise potato

Vichy carrots

Green beans with garlic oil

Gypsy tart

Sunday

Roast pork loin with crispy crackling, gravy and apple sauce

Braised lamb and root vegetable hot pot

Vegetarian sausage toad in the hole with caramelised onion gravy

Roast potatoes
Steamed potatoes with parsley

Steamed broccoli and carrots

Roasted parsnips

Apple and blackberry crumble with custard



Monday

Turkish BBQ Chicken, Pomegranate, Garlic and Chilli Sauce

Grilled Lamb Kofte, Pomegranate, Garlic and Chilli Sauce

Slow Roasted Squash and Haloumi Pomegranate, Garlic and Chilli Sauce

Jacket Potatoes with Choice of toppings

Parsley Bulgar Wheat

Roasted Spiced Aubergines Turkish Style Green Beans

Turkish Delight Cheesecake

Tuesday

Chicken Katsu with Katsu sauce and Pickled vegetables

Grilled Miso Glazes Fish with Spring Onion, Mizuna and Edamame Beans

Tofu Katsu with Katsu Sauce and Picked Vegetables

Pasta with Choice of Toppings

Steamed Rice

Stir Fried Vegetables Roasted Sesame Broccoli

Green Tea Cake

Wednesday

Beef Chilli Con Carne with Kidney Beans and Tortilla Crust served with Guacamole, Sour Cream and Tomato Sauce

Fajita Spiced Chicken Thighs with Mexican Corn Salsa

Quorn & Vegetable Chilli Con Carne with Kidney Beans and Tortilla Crust served with Guacamole, Sour Cream and Tomato Sauce

Jacket Potatoes with Choice of Toppings

Spicy Rice Jacket Wedges

Steamed Sweetcorn BBQ Beans

Chocolate Tart

Thursday

South African Lamb Babotie with Dried Fruit and Crispy Yogurt Topping

Baked Fish Yassa with Sweet Peppers and Plantain

Nigerian Akara(Black bean Cakes) with Spicy Tomato Sauce

Roast Chicken with New Potatoes,vegetables and Gravy

Jollof Rice

Roast Sweet Potatoes and Squash Fine Beans with Sour Cream and Paprika

Malva Pudding with Toffee Sauce

Friday

Swedish Meatballs with Creamy Gravy and Cranberry Sauce

Baked Cod with Cannellini Beans and Smoked Sausage

Pear and Colston Blue Cheese Tart

Jacket Potatoes with Choice of Toppings

Swedish Potatoes with Dill Cream Sauce

Braised Red Cabbage Roasted Root Vegetables with Honey and Caraway

Swedish Apple Cake

Saturday

Roasted Peri Peri Chicken Thighs

Chargrilled Pork Steaks with Lemon and Herb

Grilled Peri Peri Haloumi with Roasted Peppers

Sweet Potato Fries

Crushed Peas with Mint, Chilli and Parsley

Roasted Corn on the Cob

Ice cream

Sunday

Roast Turkey with Sage & Onion Stuffing, Gravy and Cranberry Sauce

Cottage Pie with Root Vegetables and Cheddar Cheese Crust

Stuffed Portobello Mushrooms with Welsh Rarebit

Roast Potatoes Steamed Potatoes with Mint

Panache of Vegetables Cauliflower Cheese

Cinnamon Pear and Apple Pie served with Custard



Monday

Beef massamam curry with coconut milk, potato and fresh coriander

Thai spiced fish cake with pickled cucumber, spring onion and chilli relish

Red Thai vegetable and tofu curry with edamame beans and bok choy

Coconut rice

Stir fried asian greens

Roasted broccoli with chilli and lime

Jacket potatoes with choice of toppings and grated cheese

Lime and lemongrass set cream

Tuesday

Chicken tikka thighs with makhani sauce and tomato and onion salad

Lamb keema curry with peas and potato

Cumin roasted squash with mango and coriander sauce and garam masala pumpkin seeds

Pilau rice

Channa masala
Aloo Gobi

Freshly cooked pasta with a choice of sauces and served with grated cheese

Mango lassi

Wednesday

Sticky reggae reggae chicken legs with pineapple and coriander salsa

Pepper pot beef stew with roasted sweet potato and peppers

Sweet potato fritters with mango salsa

Rice and peas

Roasted squash

Steamed spinach

Jacket potatoes with choice of toppings and grated cheese

Coconut and lime cake

Thursday

Slow cooked beef lasagne with creamy bechamel, basil and parmesan

Breaded chicken parmigiana with rich tomato sauce, basil and mozzarella

Roasted squash, spinach and lentil lasagne

Garlic bread
Italian style potatoes

Green beans with lemon oil
Roasted Mediterranean vegetables with garlic and rosemary

Grilled cumberland sausages with mash and onion gravy

Tiramisu with mascarpone cheese and espresso coffee

Friday

Pulled pork carnitas tacos served with guacamole, sour cream and tomato salsa

Crispy fajita spiced fish tacos with cabbage slaw and fresh limes

Five bean and quorn chilli tacos with roasted vegetables, sour cream and guacamole

Mexican spiced potatoes

Roasted sweetcorn elote

Refried beans

Jacket potatoes with choice of toppings and grated cheese

Classic caramel flan

Saturday

Buttermilk Southern fried chicken served with home slaw

Traditional hot dogs with American mustard, ketchup, guerkins and crispy onions
Baked macaroni with three cheese sauce, crispy shallots and chives

Skin on fries

Creamed corn

Boston beans

Chocolate chip muffins

Sunday

Roast beef with Yorkshire pudding, gravy and horseradish sauce

Chicken, leek and mushroom pie with puff pastry top

Caramelised onion, mature cheddar and spinach quiche

Steamed potato

Roast potatoes

Savoy cabbage
Glazed carrots

Bread and butter pudding with sultanas and custard