

Sample Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup	Moroccan Sweet Potato Soup	Tomato and Basil Soup	Spiced Parsnip Soup	Leek and Potato Soup	Broccoli and Stilton Soup	Mushroom and Tarragon Soup	Sunday Brunch
Main Course	Butter Chicken with Pilau Rice	Fish Pie with Crispy Golden Filo Top	Lamb Tagine with Scented Cous Cous	Roast Pork Loin with Crackling	Battered or Breaded Fish	Roast Chicken and Pasta in Garlic and Tomato Sauce	Bacon and Sausage
Main Course	Baked Fish with Paella Garnish	Reggae Reggae Chicken with Sour Cream	Chicken Kiev	Roast Pork Loin with Crackling	Stir Fried Beef with Egg Noodles, Spring Onions, Peppers and Black Bean Sauce	Tandoori Spiced Salmon with Stir Fried Vegetables	Fried Eggs and Hash Browns
Vegetarian	Flame Roasted Red Pepper Pea and Feta Frittata	Quorn Sausage and Tomato Fusilli	Vegetable Yaki Soba with Oriental Crackers	Roast Butternut Squash and Spinach Risotto	Macaroni Cheese with Crispy Leeks	Caramelised Onion and Blue Cheese Tart	Danish Pastries
Vegetable	Panache of Winter Vegetables	Buttered Broccoli	Sautéed Courgettes Provencal	Carrot and Swede Puree	Garden Peas	Roasted Mediterranean Vegetables	Toast and Jam
Vegetable	Buttered Sweetcorn	Carrots with Parsley	Buttered Peas and Sweetcorn	Cider Braised Cabbage and Leeks	Mushy peas	Buttered Cauliflower	Fruit Salad
Potato/Starch	Spiced Sautéed Potatoes	Cheese and Chive Mash	Garlic and Herb Roast Potatoes	Traditional Roast Potatoes	Chipped Potatoes	Curried Rice and Peas	Yoghurt
Dessert	Sultana Sponge	Classic Rice Pudding with Jam Sauce	Toffee Ginger and Apple Cake	Bread and Butter Pudding	Lemon Drizzle Cake	Chocolate Brownies	Granola