



	Hot Meal	Vegetarian	Dessert
Monday	Slow Cooked Beef Lasagne with Lemon Roasted Broccoli & Courgette, Mixed Leaf Salad & Garlic Bread	Red Lentil and Aubergine Moussaka	Sticky Ginger Cake with a Cinnamon Glaze
Tuesday	'No Nut' Chicken Satay Noodles with Stir Fried Sesame Vegetables & Prawn Crackers	Vegan Mixed Bean Chilli with Cauliflower & Broccoli Rice	Cranberry Blondie Bars
Wednesday	Toad in the Hole with Creamy Mash, Green Vegetable Medley, Sage & Onion Gravy	Woodland Mushroom Risotto with Rocket	Honey Glazed Banana Loaf Cake with Pouring Cream
Thursday	Turkey Schnitzel with Shredded Cabbage & Petit Pois, Crispy Baked Crushed New Potatoes, & Garden Herb Dressing	Macaroni, Sweetcorn & Cauliflower Cheese with Plum Tomato & Red Onion Salad	Cardamom, Pear & Blueberry Cheesecake
Friday	Teriyaki Baked Salmon, Egg & Vegetable Fried Rice, Prawn Crackers	Spring Vegetable & Cannellini Bean Cassoulet with Herb Dumplings	Eton Mess

Daily Salad Available - Plain Green (Romaine) Salad, Mixed Leaf Salad, Fresh Plum Tomato Salad, Grated Carrot Parsley and Lemon, Beetroot, Cucumber (Different Preparations), Corn, Petit Pois and Mint, Sweet Red Onion Slices or Spring Onion, Plain Whole-wheat Pasta Salad, Crudités, Plain Croutons, Grated Cheddar, Tuna (Plain and with Sweet Chilli and Coriander Mayonnaise), Rainbow Coleslaw, French Vinaigrette, Ranch Dressing, Thousand Island Dressing, Balsamic Dressing, Caesar Dressing, Fresh Hummus, Fresh Basil Pesto (NUT FREE)