

'Delicious food, inspired by original recipes'

Monday

Tuesday

Wednesday

Thursday

Friday

	09/10	10/10	11/11	12/11	13/11
Soup	Homemade vegetable soup	Homemade tomato and roasted red pepper soup	Homemade butternut squash and soup	Cream of mushroom soup	Homemade potato and leek soup
Main Course 1	Baked pork chop, pepper sauce	Baked salmon fillet with a tomato and basil sauce	Chilli con carne, steamed rice	Spiced lamb tagine served with warm couscous	Beef burger, bun, lettuce, cheese and tomato, chips
Main Course 2	Traditional curry, steamed rice	Chicken and mushroom vol au vent	Breaded chicken fillet, garlic mayo, tomato and cheese bap	Chicken tikka salad, crunchy peanuts, poppadum	Lamb stew with boiled potatoes
Vegetarian	Goat's cheese and cherry tomato tart	Puy lentils and aubergine moussaka	Broccoli and leek pasta bake	Vegetarian Biryani	Vegetables frittata
Deli Special	Southern fried chicken fillet wrap	Warm roast beef, horseradish sauce bap	Hot turkey wrap	Chargrilled rump steak, sautéed onions, Smokey mayo	Warm chicken Caesar salad



EAT  
YOURSELF  
HEALTHY