

|              | wk 1 day 1<br>(Mon)                    | wk 1 day 2<br>(Tues)     | wk 1 day 3<br>(Wed)              | wk 1 day 4<br>(Thurs)              | wk 1 day 5<br>(Fri)                  | wk 1 day 6<br>(Sat)                   | wk 1 day 7<br>(Sun)       |
|--------------|--|--------------------------|----------------------------------|------------------------------------|--------------------------------------|---------------------------------------|---------------------------|
| soup         | carrot soup                            | tomato spicy soup        | potato celeriac soup             | leek, parsnip ginger soup          | cream of mushroom soup               | broccoli and garlic cream cheese soup | minestrone soup           |
| salad        | pea and mint salad                     | tom basil mozz salad     | crushed egg salad w/tst          | garlic courgette and spinach salad | waldorf salad                        | green salad                           | beetroot and orange salad |
| entrée 2 veg | balsamic veg goat chz puff             | mushrooms in cream sauce | veg butter bean crumble          | ratatouille au gratin              | cauliflower brocc gratin             | red pepper frittata                   | mediterranean stf tom     |
| starch       | chive new potatoes                     | sautéed potatoes         | roasted potatoes                 | crushed new potatoes               | seasoned chips                       | onion mash                            | roasted potatoes          |
| veg 1        | steamed broccoli                       | garlic courgettes        | wilted spinach                   | panache of green veg               | mushy peas                           | steamed brussels sprouts              | minted garden peas        |
| veg 2        | roasted butternut squash               | roasted peppers          | buttered swede                   | baby corn                          | n/a                                  | roasted beetroot                      | steamed vegetables        |
| dessert hot  | cherry pie                             | stewed rhubarb           | strawberry jam sponge w/custard  | gooseberry crumble                 | black forest gateaux                 | spiced pear bread pudding             | marbled choc van sponge   |
| dessert cold | double chocolate brownie               | vanilla mousse           | coffee pavlova                   | lemon cheesecake                   | strawberry eton mess                 | crème caramel                         | chef's special            |
|              |  |                          |                                  |                                    |                                      |                                       |                           |
| soup         | root vegetable lentil soup             | pumpkin orange soup      | cream of broccoli soup           | moroccan chickpea soup             | carrot sweet potato soup             | cream of asparagus soup               | chef's special            |
| entrée       | stuffed onion with mushroom wellington | vegetable ploughmans     | puff pastry pea mint and ricotta | vegetable quiche                   | sweetcorn fritters with tomato salsa | vegetarian sausage roll               | chef's special            |
| starch       | n/a                                    | n/a                      | n/a                              | steamed rice                       | n/a                                  | buttered new potatoes                 | n/a                       |
| veg          | dressed salad                          | dressed salad            | n/a                              | poppadum w/mango chutney           | roasted tomatoes                     | french beans                          | n/a                       |
| dessert cold | double chocolate brownie               | vanilla mousse           | coffee pavlova                   | lemon cheesecake                   | strawberry eton mess                 | crème caramel                         | chef's special            |

