

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DISH 1	HONEY AND MUSTARD GLAZED PORK CHOP	CONFIT CHICKEN WITH WHITE BEAN SALSA	CAJUN CHICKEN BURGER WITH GARLIC MAYO	DUCK SPRING ROLLS, HOISIN SAUCE AND SPRING ONION SALAD	MAC N CHEESE	B R U N C H	
DISH 2	GOATS CHEESE AND TOMATO BAGEL TOASTIE	TOMATO, BASIL AND PARMESAN TAGLIATELLE	SPANAKOPITA WITH BLACK OLIVE TAPENADE	WARM SALAD OF ROASTED BROCCOLI, RED PEPPER AND FETA WITH GIANT COUSCOUS	BBQ BEAN AND CHEESE JACKET POTATO		
ALLERGEN FRIENDLY DISH	SWEET CHILLI GLAZED AUBERGINE	JERUSALEM ARTICHOKE, PEA AND TRUFFLE OIL RISOTTO	JACKFRUIT AND CHICKPEA SWEET AND SOUR	ROASTED SQUASH TAGINE	GLUTEN-FREE BATTERED FISH WITH LEMON		
DISH 1	SOY AND GINGER VEGETABLE STIR FRY WITH PAK CHOI	JUMBO FISH FINGER WRAP WITH LEMON AIOLI AND SLAW		RED LENTIL MOUSSAKA	VEGETABLE JALFREZI	N'DUJA AND RED PEPPER PIZZA	CHARGRILLED BBQ CHICKEN WITH BLUE CHEESE
DISH 2	MUSHROOM KATSU	SPINACH AND PEA ARANCINI		CALAMARI WITH MARINARA SAUCE	QUORN BOLOGNESE WITH PENNE	TEMPEH FAJITA, SMASHED AVOCADO AND COCONUT YOGHURT	CELERIAC 'STEAK' WITH WHITE BEANS AND CHIMICHURRI
ALLERGEN FRIENDLY DISH	RED THAI VEGETABLE CURRY	SPINACH AND BUTTERBEAN CASSOULET		VEGETABLE FRITTERS WITH MANGO CHUTNEY	SRIRACHA AND MAPLE CHICKEN WINGS	CHANA MASALA WITH FRIED ONIONS	VEG CHILLI NACHOS
SIDES	-CHIPS -RICE -PAPRIKA WEDGES -ROASTED CARROTS -GREENS	-CHIPS -HERBY NEW POTATOES -SUGAR SNAPS PEA AND LEEKS -BROCCOLI -SAUTÉ WHITE CABBAGE	-CHIPS -ROASTED SWEET POTATO -RICE -VEGETABLE QUINOA -GRILLED PEPPERS	-CHIPS -TURMERIC AND RAISIN RICE -PARMENTER POTATO -CORN ON THE COB -GREEN BEANS WITH CHILLI BUTTER	-CHIPS -STEAMED RICE -GARLIC 'BUTTERED' NEW POTATOES -MUSHY PEAS /BROCCOLI - SWEETCORN WITH RED ONIONS AND CHIVES	-CHIPS -CHAR-GRILLED COURGETTES WITH OLIVES -RICE -ONION RINGS -ROAST SQUASH	-CHIPS -ROASTED POTATOES -RATATOUILLE -ROASTED CAULIFLOWER -PEAS -RICE

ALLERGEN FRIENDLY DISH