



	MAIN COURSE OPTION 1	MAIN COURSE OPTION 2	MAIN COURSE OPTION 3 (VEGETARIAN)
Monday	Beef lasagne	Mediterranean vegetables and beans with corn and couscous (Vegan)	Wild mushroom and cranberry tart with butterbeans and houmous
Tuesday	Roasted cod with a pea and pesto crust	One pot chicken and chorizo jambalaya	Oriental vegetable wrap
Wednesday	Lamb moussaka	Beef Madras	Vegetarian paella
Thursday	Mexican chicken stew with quinoa	Chilli infused sweet potato and avocado quesadilla (Vegan)	Aubergine and chickpea tagine
Friday	Lamb shish Indian naan wrap	Scampi with tartare sauce	Black bean tofu with crispy vegetables
Saturday	Chicken and leek pie	Grilled gammon with a pineapple chilli salsa	Vegetable and pesto pasta
Sunday	Roast pork and apple sauce	Baked smoked haddock with spinach	Roasted pepper and mushroom loaf