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| **2018 Lent**  **Week 3** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday 3** |
| **SOUP** | **Tomato and Basil** | **Leek and potato** | **White onion & cider** | **Butternut Squash and Ginger** | **Carrot and Cardamom** |  |  |
| **LUNCH & DINNER** | **B.B.Q pulled pork burger with slaw** | **Gammon steak with grain mustard veloute** | **Piri Piri Chicken**  **Leg, roast peppers and onions** | **Beef bourgignon** | **Chinese pork loin steak, bok choi** | **Brunch** | **Brunch** |
| **LUNCH 2ND**  **MEAT** | **Peppered beef stir-fry** | **Powters meatballs with tomato sauce and spaghetti** | **lamb stew & dumplings** | **Pork loin steak, sage and onion stuffing apple sauce** | **Italian chicken breast with tomato & Mozzarella** | **Brunch** | **Brunch** |
| **DINNER**  **MEAT** | **Stir fry chicken ginger & spring onion** | **Lemon Breaded chicken breast herb butter** | **Flat iron steak, fried egg & tomato** | **Southern fried chicken with B.B.Q SAUCE** | **Chicken satay skewers peanut sauce** | **Chili beef burger**  **chefs choice** | **Roast gammon**  **Roast leg of lamb mint sauce** |
| **FISH LUNCH & DINNER** | **Thai prawn curry** | **Steamed seabass ginger and spring onion** | **Poached Salmon &Blistered Cherry Tomatoes** | **Trout Fillet Nicoise Garnish** | **Beer battered cod with tartare sauce** |  |  |
| **VEGTABLES & POTATOES** | **Noodles**  **soya & sesame glazed broccoli**  **sweet potato chips**  **honey glazed carrots** | **Rice with herbs**  **Chips**  **Buttered leeks**  **Mixed veg** | **Rice and peas**  **Mash**  **Buttered cabbage**  **Baton carrots** | **Crushed potatoes**  **Boiled rice**  **Honey roasted parsnips**  **Panache** | **Stir fry veg**  **Noodles**  **Chips**  **Peas** | **Egg fried rice**  **Sweet potato chips**  **Cauliflower onion seeds**  **Honey sliced carrots** | **Roast potato**  **Minted new**  **Panache**  **Buttered cabbage** |
| **VEGETARIAN**  **LUNCH** | **Soya stir fry with black bean sauce** | **Roasted vegetable tagliatelle** | **Freekeh chick peas cherry tomato ,herbs** | **Vegetable korma**  **Mini naan bread** | **Vegetable tagine**  **Giant cous cous** | **Brunch** | **Brunch** |
| **VEGETARIAN DINNER** | **Chilli paneer** | **Garlic mushroom pizza** | **Mushroom stroganoff** | **Spinach and ricotta tortellini** | **Fire roasted peppers and goats cheese filo parcel** | **Three cheese pizza** | **Red onion blue cheese tart** |
| **DESSERT LUNCH & DINNER** | **Lemon Curd Bread & Butter Pudding**  **Baked New York Cheesecake** | **Coffee & walnut Sponge**  **Pineapple Fritters** | **Cherry Jam Roly Poly**  **Date & Apple Cake** | **Berry crunch sponge**  **Chocolate mud cake** | **Treacle tart**  **Lemon drizzle sponge** | **Lemon meringue pie** | **Bakewell tart** |