|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **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** |