

WEEK 1

LUNCH					
	MON	TUE	WED	THU	FRI
Soup	Green vegetable chowder	Carrot and corriander	Green pea	Lentil and chilli	Watercress
Main Course	Lamb tagine with basmatic rice	Lasagne verdi	Pork schnitzal with lemon and lime oil	Beef olives with tomato and garlic confit	Venison and port sausage with bubble and squeak
	Seabass with avocadolime and chilli	Baked cod with cheese and chives	Seafood linguini tossed in tomato olive oil and corriander	Lemon sole encrusted with olives and mixed herbs	Roasted salmon with saffron and white wine cream
Vegetarian Main Course	Roasted bell pepper stuffed with couscous basil and tomato	Four cheese tortellini	Roasted aubergine cherry tomato and rocket pizza	Black bean stir fry with noodles	Vegetable and cashew pilaff glazed with goats cheese
Dessert	Apricot crumble	Apple pie		Chocolate pudding	Banoffee pie
	Cherry Roulade	Maple syrup pancakes		Peach flan	Pineapple upside down cake

DINNER					
	MON	TUE	WED	THU	FRI
Soup	Green vegetable chowder	Carrot and corriander	Green pea	Lentil and chilli	Watercress
Main Course	Beef and shallots with fresh thyme jus	Braised lamb with chilli, lime and corriander	Chicken bonne femme	Grilled bacon steaks with mustard sauce	Pork and roasted pepper casserole with caramelized apple
	Salmon florentine tartlets	Lemon and saffron marinated sole fillets with pak choy and cherry tomatoes	Seared seabass with avocado and chilli	Red pesto encrusted tuna steak with basil oil	Stir fried seafood with Thai green vegetables
Vegetarian Main Course	Spinach and mushroom frittata with smoked applewood	Roasted vegetable pizza	Linguini with wild mushroom and chive cream	Roasted pepper with couscous and goats cheese	Apple and walnut risotto
Dessert	Treacle tart				
	Fruit compote with shortbread				