

WEEK 3

LUNCH					
	MON	TUE	WED	THU	FRI
Soup	Seafood chowder	Cream of vegetable	Butternut squash and pumpkin seed	Minestrone	Asparagus
Main Course	Grilled chicken with tomato confit and sesame seeds	Braised lamb with olive rice	Pork ribs in coriander crust over tomato sauce	Seared minute steak with rocket and balsamic dressing	Confit of duck leg with orange and black olives
	Prawn tagine with braised fennel	Roasted seabass on warm tabbouleh with citrus juices	Baked trout with lemon and roasted pepper	Roasted salmon, olives and sundried tomato tapenade with kumara chips	Mixed seafood and courgette risotto
Vegetarian Main Course	Baked cauliflower pie (mashed potato top)	Goats cheese, red onion and cherry tomato tart	Roasted vegetable strudel	Spinach and ricotta canelloni	Cashew and vegetable burrito
Dessert	Dutch apple pie	Banana and toffee pudding	Spotted dick	Pecan pie	Peach roulade
	Lemon sponge	Apricot crumble	Black cherry tart		Bakewell tart

DINNER					
	MON	TUE	WED	THU	FRI
Soup	Seafood chowder	Cream of vegetable	Butternut squash and pumpkin seed	Minestrone	Asparagus
Main Course	Somerset sausage on bubble and squeak	Crispy duck with sesame soy stir fry	Toad in the hole	Chicken lasagne	Slow roast leg of lamb with garlic
	Smoked haddock florentine	Fisherman's pie	Steamed salmon with mussels and garlic cream	Thai seafood linguini	Hot tuna nicoise
Vegetarian Main Course	Fresh herb and ricotta tart	Roasted pollenta with nut brown mushrooms	Spinach and mozzarella pizza	Cauliflower and broccoli pie topped with cheese mash	Grilled halloumi with wilted rocket and sunblushed tomatoes
Dessert	Fruit crumble	Orange and lemon pancakes	Hot ricotta cheesecake	Apple pie	Bread and butter pudding
	Apple strudel	Blueberry pie	Egg custard tart	Jam tart	Sticky toffee pudding