

**WEEK 4**

<b>LUNCH</b>					
	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>
Soup	Celery	Cauliflower and parsley	Fennel and lemon	Tomato and basil	Roasted red pepper
Main Course	Braised chicken with mushroom and bacon	Herb encrusted lamb gigots with red currant jus	Pork escalopes topped with mozzarella and basil	Pan fried strips of beef in honey soy and sesame seeds	Couscous with brochettes of turkey and minted olive oil
	Fillet of lemon sole topped with ground pine nuts and parmesan	Mackerel roasted with lime chilli and corriander	Flash fried prawns with chinese leaf pak choy and oyster sauce	Hot tuna nicoise	Fried breaded plaice
Vegetarian Main Course	Roasted pepper and olive frittata	Radiatori and aubergine, tomato and pine nuts	Marscapone and nut brown mushroom quiche	Asparagus risotto	Cherry tomato, goats cheese and basil pizza
Dessert	Black cherry tart	Apple crumble	Apricot strudel	Banoffee pie	Ginger sponge
	Key lime pie	Pecan pie	Baked custard tart	Pear bakewell	Orange meringue

DINNER					
	MON	TUE	WED	THU	FRI
Soup	Celery	Cauliflower and parsley	Fennel and lemon	Tomato and basil	Roasted red pepper
Main Course					
Vegetarian Main Course					
Dessert					