

Dinner Sample Menu

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MAIN MEAL	Coriander & lime chicken with avocado salsa	Pork burger with spiced tomato chutney	Lamb dansak with mango chutney & naan bread	Sausage, apple & sage stubbies	Chefs Pizza bar – homemade authentic thin crust pizzas	Pan fried chicken with teriyaki sauce & noodles	Chefs Sunday carvery supper
VEGETARIAN	Roasted Mediterranean & feta cheese	Vegetable bean burger with tomato chutney	Sweet potato & spinach balti	Cheese, onion & pepper quiche		Tofu & noodle stew	Roast beef with Yorkshire puddings
ON THE SIDE	Piri Piri Rice Floured tortillas Ranch salad Peppers & onions	Paprika new potatoes Corn on the cob Iceberg wedges	Pilaf rice Curried chickpeas Cumin roasted aubergine	Lyonnais potatoes Broccoli Mixed green salad	Seasonal salads Seasoned wedges Garlic bread	Sesame stir fried vegetables	Brie & vegetable roasted parcel Roast potatoes Carrots & pea's Honey roast parsnips
SNACK	Homemade sausage roll	Twice baked jackets	Chefs pasta bake	Fish finger sandwich	BBQ Chicken wings	Vegetable spring roll on egg fried brown rice	
HOT DESSERT	Sticky pear & ginger cake with whipped cream	Soft baked cookies	Banana fritters with pineapple & chilli salsa	Chocolate marble brownie	Ice cream bar with toppings & sauces	Lemon & ginger drizzle cake	Spiced fruit crumble with cream
COLD DESSERT	Selection of freshly cut fruit						