# 14 Meals per Week
## Week 4 Menu // 2017-18 // Semester 1

### MONDAY
**DINNER**  
Broccoli & stilton soup  
- Mango chicken breast  
Cumberland sausage with onion gravy  
Beef & mozzarella pasta bake  
Caramelised onion & goat’s cheese & filo parcel  
Baked BBQ tofu & quinoa with spinach & chickpeas  
Salad bar  
Egg fried rice; Parsley potatoes; Baby corn; Wilted greens  
Tiramisu  
Sticky toffee pudding & toffee sauce  
Fruit yogurt

### TUESDAY
**DINNER**  
Miso soup  
- Char Siu pork  
Smoked salmon conchiglie pasta  
Chilli beef in batter  
Polenta tart with goat’s cheese, tomato & pesto  
Salad bar  
Noodles; Garlic slice; Stir fried vegetables; Fine green beans  
Tiramisu  
Fruit yogurt

### WEDNESDAY
**DINNER**  
Butterbean & thyme soup  
- Tandoori chicken kebab  
Paprika pork casserole  
Seabass with tomato & lime salsa  
Penne pasta with spinach & mushroom sauce  
Salad bar  
Roast Cajun potatoes; Lyonnaise potatoes; Ratatouille; Sliced carrots  
Spiced baked rice pudding  
Fruit yogurt

### THURSDAY
**DINNER**  
Butternut squash & coconut soup  
- Beef lasagne  
Sticky BBQ pork ribs  
Piri piri coley fillet with mango yoghurt  
Caramelised onion, wild mushroom & feta cheese filo parcel  
Salad bar  
Mashed potatoes; White & wild rice; Mange touts; Roasted root vegetables  
Chocolate profiteroles  
Fruit yogurt

### FRIDAY
**DINNER**  
Sweet potato & borlotti bean soup  
- Breaded or steamed haddock fillet  
Pesto & mozzarella chicken breast  
Spiced minced Quorn & sweet potato cottage pie  
Vegetable lasagne  
Salad bar  
Fruit & nut cous cous; Chunky chips  
Garlic & herb potatoes; Sweetcorn; Sauté courgettes  
Banana sponge pudding with chocolate sauce  
Fruit yogurt

### SATURDAY
**LUNCH**  
Lentil soup  
- Full Scottish brunch selection  
Red pesto & spinach gnocchi  
Baked/sweet potato with hot filling  
Salad bar  
Raspberry cranachan  
Fruit yogurt

### SUNDAY
**LUNCH**  
Corn chowder  
- Roast leg of lamb  
Chicken & mushroom pie  
Baked aubergine & savoury lentils  
Baked/sweet potato with hot filling  
Salad bar  
Roast potatoes; Mashed potatoes; Roast parsnips; Broccoli florets  
Coffee & mandarin gateaux  
Fruit yogurt