## 15 Meals per Week
### Week 1 Menu // 2017-18 // Semester 1

### MONDAY
#### LUNCH
- Curried parsnip soup
- Crispy coated cod wrap; Beef chilli nachos; Spinach, cherry tomato & goat's cheese fusilli pasta
- Selection of side dishes
- Baked/sweet potato with hot filling & salad bar
- Sandwich deli bar

#### DINNER
- Scotch vegetable broth
- Chicken korma; Beef bourguignon; Cauliflower & chickpea dansak
- Selection of side dishes & salad bar
- Peach & white chocolate crumble with custard; Fruit yogurt

### TUESDAY
#### LUNCH
- Balgove Larder's beef & onion burger; Prawn pad Thai; Spicy bean burger
- Selection of side dishes
- Baked/sweet potato with hot filling & salad bar
- Sandwich deli bar
- Millionaire's shortbread

#### DINNER
- Cauliflower & cheddar cheese soup
- Steamed fillet of hake with tomato & lime salsa; Chicken & spinach lasagne; Edamame bean, asparagus & garden pea frittata
- Selection of sides & salad bar
- Toffee crunch pie with Dime bar; Fruit yogurt

### WEDNESDAY
#### LUNCH
- Leek & potato soup
- Korean sticky soy chicken; Smoked salmon & low-fat cream cheese wholemeal hoagie; Vegetable & bean frittata
- Selection of side dishes
- Baked/sweet potato with hot filling & salad bar
- Sandwich deli bar

#### DINNER
- Roast red pepper soup
- Crispy chilli beef with sweet chilli sauce; Tiger prawn & chorizo jambalaya; Courgette, sweet potato & ricotta lasagne
- Selection of side dishes & salad bar
- Chocolate fudge cake with pouring cream; Fruit yoghurt

### THURSDAY
#### LUNCH
- Battered chicken with sweet & sour sauce; Quiche Lorraine; Roasted vegetable & goat's cheese flat bread with walnut & rocket pesto
- Selection of side dishes
- Baked/sweet potato with hot filling & salad bar
- Jam doughnut

#### DINNER
- Yellow split pea soup
- Baby back ribs with barbeque sauce; Steak pie; Mixed bean & vegetable burrito
- Selection of side dishes & salad bar
- Warm apple tart with vanilla ice cream; Fruit yoghurt

### FRIDAY
#### LUNCH
- Carrot & coriander soup
- Breaded or steamed fillet of haddock; Quorn & vegetable chilli nachos; Macaroni cheese
- Selection of side dishes
- Baked/sweet potato with hot filling & salad bar
- Sandwich deli bar

#### DINNER
- Mushroom soup
- Chicken satay; Toulouse sausage with onion jus; Okra, potato & chickpea madras
- Selection of side dishes & salad bar
- Chocolate sponge with chocolate sauce; Fruit yoghurt