Buttery Lent Term

Week 1 (W/C 14/01/2019) 5 (W/C 11/02/2019) 9 (W/C 11/03/2019)

Monday lunch
Vegetable spring rolls with sweet chilli sauce (vegan)
Creamy leek, potato and cheese pie (v)
Smoked haddock and saffron rice cakes

Monday dinner
Cajun rice and beans (vegan)
Tortellini with spinach & ricotta (v)
Creamy fish pie with a crisp potato topping

Tuesday lunch
Vegetable moussaka (vegan)
Jerk baked chicken thighs
Baked whole back of bacon with sweet chilli glaze

Tuesday dinner
Vegetable, bean and tofu shepherd’s pie (vegan)
Breaded haddock with red pepper mayo
Baked chicken with leek, bacon and mustard

Wednesday lunch
Vegetable fajitas (vegan)
Roast topside of beef with Yorkshire pudding
Salt & pepper squid

Wednesday dinner
Potato and cauliflower curry (vegan)
Cannelloni verde (v)
Thai fish curry

Thursday lunch
Courgettes, cherry tomato, squash filled flat mushroom with pine kernels (vegan)
Fresh burgers (with cheese, tomato, onion ring and pickle)
Roast turkey breast

Thursday dinner
Pasta with courgettes, tomato and dill (vegan)
Butternut squash pancake with mushroom, spinach and halloumi (v)
Southern fried chicken drumstick
**Friday lunch**

- Lentil, chickpea, nut steak with spicy salsa (vegan)
- Battered fish of the day
- Roast garlic and pickled lemon marinated lamb shoulder

**Friday dinner**

- Lentil, bean and cherry tomato chilli with nachos (vegan)
- BBQ pork belly
- Chicken parmigiana

**Saturday lunch**

- Brunch

**Saturday dinner**

- Grilled squash and black bean burger (vegan)
- Breaded pork escalope with roast garlic mayo
- Hot & spicy chicken wings

**Sunday lunch**

- Brunch

**Sunday dinner**

- Aubergine tagine with black olives and preserved lemons (vegan)
- Cauliflower wellington (v)
- Roast topside of beef
**Monday lunch**
Gnocchi with spinach and mushroom (vegan)
Tomato, courgette and aubergine gratin (v)
Keralan fish curry

**Monday dinner**
Falafel and salad wrap (vegan)
Macaroni cheese (v)
Baked fish with soy sauce and spring onions

**Tuesday lunch**
Vegetable stew and dumplings (vegan)
Caribbean pulled pork bap
Meatballs with sweet peppers and pasta

**Tuesday dinner**
Theme night

**Wednesday lunch**
Pasta penne with edamame, broccoli, herb and soya cream (vegan)
Chicken Kiev
Horseradish roasted beef

**Wednesday dinner**
Chickpea, sweet potato, spinach dhal (vegan)
Spicy sausage and pasta bake
Cannelloni bolognaise

**Thursday lunch**
Veggie burger with spicy salsa (vegan)
Pasta, smoked fish with lemon and dill sauce
Cinnamon and honey baked turkey breast

**Thursday dinner**
Nicoise salad with grilled tofu (vegan)
Beef Lasagne
Hong Kong sweet and sour chicken
**Friday lunch**
Beetroot & red onion tart tatin (vegan)
Roasted pepper and potato frittata (v)
Battered fish of the day
Rosemary roast lamb leg

**Friday dinner**
Mushroom and cauliflower biryani with vegetable curry (vegan)
Ground beef chilli with nachos and dips
Breaded scampi

**Saturday lunch**
Brunch

**Saturday dinner**
Vegetable and lentil korma (vegan)
Stir-fried duck with hoisin sauce and noodles
Chicken breast with chorizo salsa

**Sunday lunch**
Brunch

**Sunday dinner**
Falafel wrap with lentil, cherry tomato and coriander dressing (vegan)
Lentil and mushroom lasagne (v)
Roast loin of pork
Monday lunch
Mushroom, spinach and courgette with stir fried rice (vegan)
Butternut squash, rocket and goats cheese quiche (v)
Spicy tuna and pasta bake

Monday dinner
Seitan steak with jerk marinade (vegan)
Pasta stir fry with courgette and feta (v)
Breaded whole tail scampi

Tuesday lunch
Vegetables and chickpea tagine with apricot and almonds (vegan)
Cider braised leg of pork
Salmon & ginger fish cakes with sweet chilli sauce

Tuesday dinner
Theme night

Wednesday lunch
Flat mushroom, leek & sun dried toms with fried rice (vegan)
BBQ chicken burger
Mustard glazed topside of beef

Wednesday dinner
Greek vegetable stew with garlic and herb orzo (vegan)
Chicken enchiladas
Fish goujons

Thursday lunch
Spicy bean burger with salad garnish (vegan)
Baked turkey breast with quince glaze
Newmarket sausage & mashed potato with onion gravy

Thursday dinner
Chickpea and sweet potato curry (vegan)
Homemade pizza selection (meat feast or veggie)
**Friday lunch**
BBQ pulled jack fruit bap (vegan)
Ras el hanout spiced shoulder of lamb
Battered fish of the day

**Friday dinner**
Buffalo cauliflower (vegan)
Pasta bolognaise
Baked stuffed chicken leg

**Saturday lunch**
Brunch

**Saturday dinner**
Steak vegetable pie (vegan)
Chicken & mushroom pie
Beef curry & rice

**Sunday lunch**
Brunch

**Sunday dinner**
Sweetcorn fritters (vegan)
Tri coloured gnocchi with white beans & herb oil (v)
Roast turkey
Buttery Lent Term

Week 4 (W/C 04/02/2019) & 8 (W/C 04/03/2019)

**Monday lunch**
Mock duck and vegetable stir fry (vegan)
Squash, crushed pea and onion tart (v)
Prawn, pepper and pea curry

**Monday dinner**
Baked vegetable ravioli & chunky veg sauce (vegan)
Spanakopita
Poached fish with cheese and chive sauce

**Tuesday lunch**
Vegetable pakora (vegan)
Fresh burgers (with cheese, tomato, onion ring and pickle)
Clove spiced pork leg

**Tuesday dinner**
Theme night

**Wednesday lunch**
Beetroot wellington (vegan)
Roast topside of beef with Yorkshire pudding
Fish with potatoes, garlic, capers & lemon

**Wednesday dinner**
Pasta puttanesca (vegan)
Beef lasagne
Baked fish with roast corn & coriander salsa

**Thursday lunch**
Roasted vegetable pitta (vegan), with grilled halloumi (v)
Roast turkey with cranberry glaze
Crab linguine

**Thursday dinner**
Penne pasta with roasted red pepper and spinach (vegan)
Mediterranean vegetable and feta crumble (v)
Szechuan chicken
Pan fried liver & onions
Friday lunch
Vegetable and lentil hot-pot (vegan)
Battered fish of the day
Mint jelly roast leg of lamb

Friday dinner
Thai vegetable curry with coconut and coriander (vegan)
Smoked haddock with tomatoes and leeks
American style beef brisket

Saturday lunch
Brunch

Saturday dinner
Beetroot burgers (vegan)
Vegetarian pizza (v)
Beef stroganoff
Chicken enchiladas

Sunday lunch
Brunch

Sunday dinner
Marinated tofu with roasted vegetables (vegan)
Ricotta and spinach pasta (v)
Roast chicken breast and stuffing