

Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

Main 1

Autumnal Vegetable Lasagne

Lamb Moussaka

Japanese Vegetable Pancake

Jerk Chicken

Grilled Salmon



Main 2—Veggie

Autumnal Vegetable Lasagne

Lentil Moussaka

Japanese Vegetable Pancake

Jerk Celeriac

Vegetable Tempura



Side

Roasted Broccoli

Garlicky Green Beans

Honey Roasted Carrot

Rice and Peas

Crushed Potatoes



Salad

Mixed Leaf Salad

Greek Salad

Pickled Cucumber and Roasted Fennel with Dill

Steamed Vegetables

Peas



Bread

Garlic Focaccia

Highgate Herby Bread

Wholemeal Bread

Coconut Bread

Focaccia



Dessert

Fresh Seasonal Fruit

Fruit Upside Down Cake

Fresh Fruit

Yoghurt and Honey

Chocolate Brownie



Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

Main 1

Butternut Squash Mac and Cheese



Chicken and Mushroom Pie



Thai Green Vegetable Curry

Beef Burgers



Fish Tacos



Main 2—Veggie

Butternut Squash Mac and Cheese



Mushroom Pie



Thai Green Vegetable Curry

Veggie Burgers



Vegetable Tacos



Side

Green Beans

Crushed Potatoes

Fragrant Rice

Patatas Bravas with Aioli



Corn on the Cob with Paprika and Parmesan

Butter



Salad

Tomato and Basil



Steamed Greens

Crunchy Asian Slow

Mixed Leaf and Tomato Salad



Tomato and Pineapple Salsa



Bread

Vegetable Focaccia



Wholemeal Bread



Wholemeal Bread



Dessert

Fruit

Fruit or Yoghurt and honey



Passionfruit Flan



Fresh Fruit

Yoghurt and Fruit Compote



Freshly made soup and homemade bread of the day, fresh
Wherever possible, all food is homemade on site from local,
British ingredients.

*Dairy *Pineapple *Seafood *Kiwi *Pork/
Bacon
*Tomato *Wheat/Gluten *Orange *Red
pepper *Egg
s Sesame m Mustard