

Week 1: Tuesday 13th April & Friday 16th April

Mains

Lemon Butter Chicken with Roast Sweet Potato (ff)

Mexican Pork & Bean Casserole (c)

Beef & Guinness Stew (ff)(c)

Spinach & Ricotta Cannelloni (v)

South Indian Vegetable Curry (v)(vg)(c)

South Indian Prawn Curry (c)

Classic Fish Pie with Piped Potato Top (ff)(c)

Sides

Mashed Potato (c)(ff)(v)

Jeera Rice (c)(ff)(v)

Dessert

Salted Chocolate Tart with Mixed Berry Coulis (ff)(v)

Lemon Polenta Cake with Lemon Syrup (gf)(v)

Week 2: Tuesday 20th April & Friday 23th April

Mains

Chicken Fricassée with Porcini Mushrooms (c)

Cottage Pie with Piped Potato (ff,c)

Chinese Aubergine & Pork Hotpot

Baked Hake with Pisto (ff,c)

Sundried Tomato & Mediterranean Vegetable Risotto (c,v,vg*)

Beef & Pork Meatballs in Tomato Sauce (ff)

Sides

Mashed Potato (ff,c,v)

Roast Chunky Sweet Potato Fries (ff,c,v,vg)

Dessert

Carrot Cake (v)

Baked Cheesecake (v)

Week 3: Tuesday 27th April & Friday 30th April

Mains

Pork Fillet & Red Pepper Pie (ff,c)

Spicy Black Bean Chilli Beef with Tomato Salsa

Fish Cakes & Tartare Sauce (ff)

Indian Chicken Curry (c)

Indian Vegetable Curry (c,v,vg*)

French Chicken in Red Wine Casserole (c)

White Bean & Vegetable Casserole (c,v,vg)

Sides

Potato & Carrot Mash (c,v)

Basmati Rice (c,v,vg)

Dessert

Toffee Pudding (v)

No Bake Strawberry Cheesecake (v)

Week 4: Tuesday 4th & Friday 7th May

Mains

Baked Ragu Cannelloni (FF)

Chicken, Tomato & Black Olive Pie (c)

Lime, Prawns & Baby Squid Risotto (c)

Coconut Monkfish Curry (c)

Middle Eastern Lamb Meatballs

Roast Aubergine & Chickpea Stew (c) (vg)

Sides

Roast Cauliflower (c) (vg)

Vegetable Couscous (c)(vg)

Dessert

Layered Chocolate Cake (v)

Orange Olive Oil Cake (v)

Week 5: Tuesday 11th & 14th May

Mains

Beef Stroganoff (FF)

Spiced Lamb Tagine (c)

Chicken Korma (FF) (c)

Vegetable Korma (FF) (V) (c)

Arroz al Horno (Baked Spanish Rice) (c)

Chicken & Bean Enchiladas

Piquillo Peppers with Hake Bechamel

Piquillo Peppers with Black Pudding & Bechamel

Sides

Patatas Bravas (v)(c)

Vegetable Couscous (vg)(c)

Dessert

Santiago Tart with Membrillo (v)

Chocolate Truffles (c) (v)

Week 6: Tuesday 18th & 21st May

Mains

Goujons of Hake in Parmesan Crumb with Ali Oli (FF)

Beef Goulash

Mushroom Wellington (v)

Baked Hake with Parsley Velouté Sauce (c)

Lentil & Sweet Potato Curry (c)(vg)

Chicken alla Cacciatora (c)

Sides

Patatas Bravas (c)(v)

Sweet Potato Wedges (c)(vg)

Dessert

Apple & Nut Streusel Cake with Toffee Sauce (v)

Baileys Cheesecake (v)