

WEEKLY

MENU

Charles Darwin - Main Meal Autumn/Winter - Week 1



Monday

Braised Chicken Thigh Tagine with Fresh Coriander

Sour Dough Pizza with Tomato & Mozzarella

Honey & Thyme Carrots & Steamed Sweetcorn

Chocolate & Mandarin Muffin with Chocolate Sauce

Tuesday

Thai Style Turkey Escalope with Ginger & Lime

Quorn & Mushroom Thai Style Green Curry

Brown & White Rice Medley

Steamed Broccoli

Fresh Fruit Salad

Wednesday

Slow Roast Beef Brisket with Roast Potatoes & Gravy

Sweet Potato, Red Onion & Coriander Quiche

Roast Potatoes

Sauteed Curly Kale & Cauliflower

Roasted Peach Crumble

Thursday

Jerk Chicken Thighs with Rice & Peas

Roast Vegetable Moussaka with Greek Salad

Rice & Peas

Mixed Vegetables

Jamaican Style Ginger Cake with Custard

Friday

Fish n Chip Friday - Market Fish Available

Spicy Falafel Pitta with Salad & Tzatziki

Chunky Chips

Garden Peas or Baked Beans

Toffee Apple Pie with Custard

Salad Shaker Pots. Dessert Pots. Yoghurt Pots. Fresh Fruit. Sandwiches. Baguettes, Wraps, Bagels. Ciabattas. Focaccias. Cold Drink Selection

HARRISON
food with thought

