**Week 3: Weeks beginning 27/01, 17/02 and 09/03**

<table>
<thead>
<tr>
<th>Day</th>
<th>Lunch (12 - 2pm)</th>
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| Monday | Leek and potato soup  
Chicken katsu curry  
Coconut fish curry  
Tarka dhal EW  |
| Tuesday| Roasted tomato and red pepper soup  
Baked cod with a lemon and basil crust EW  
Wholemeal pasta with caponata  
Spanakopita with mint and yoghurt dressing  |
| Wednesday | French onion soup  
Lamb tagine  
Spiced vegetable tagine EW  
Macaroni cheese  |
| Thursday | Curried butternut squash soup  
Roast lamb and mint sauce  
Honey roast gammon EW  
Dovetail beetroot layer Yorkshire pudding  |
| Friday  | Minestrone soup  
Beer battered cod  
Broccoli and goat's cheese tart  
Catch of the day EW  
Rigatoni all'arrabbiata  |

EW = Eat Well. Plus soup accompaniments, sandwiches, salad bowls, fruit bar, drinks and hot and cold desserts. Menu may be subject to change.