**Monday**
*Soup:* Vegetable Broth  
*Main:* Penne Pasta with Tomato, Basil and Broccoli Bake  
Mushroom and Sweet Potato Stroganoff with Rice *(Gluten Free, Vegetarian)*  
*Dessert:* Whole wheat Blueberry Pancakes with Fruit Cocktail Topping

**Tuesday**
*Soup:* Spicy Cauliflower  
*Main:* Chilli and Coriander baked Cod with a Lime Salsa *(Gluten Free)*  
Lentil and Vegetable Dahl with Roasted Tofu *(Gluten Free, Vegetarian)*  
*Dessert:* Poached stuffed Apples served with a Honey Yoghurt

**Wednesday**
*Soup:* Leek and Sweet Potato  
*Main:* Salmon, Leek and Sweetcorn Pasta with a Herb Jus  
Vegetable Cottage Pie *(Gluten Free without Gravy) (Vegetarian)*  
*Dessert:* Low Fat Semolina with Stewed Prunes and Apricots

**Thursday**
*Soup:* Mixed Bean Goulash  
*Main:* Mediterranean Fish Pie with a Sweet Potato topping *(Gluten Free)*  
Spicy Vegetable Pasta  
*Dessert:* Fruit Crumble with an Oat and Nut topping

**Friday**
*Soup:* Vegetable and Lentil  
*Main:* Baked or Poached Cod  
Baked Pepper stuffed with Vegetable Cous Cous  
*Dessert:* Low Fat Rice Pudding with assorted Healthy Toppings *(Gluten Free)*