



THE PURPLE DINER - SAMPLE MENU

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Black Bean Chicken, with Sweet Chilli Noodles	Southern Seasoned Chicken, Caribbean Rice	Roasted Turkey with Cranberry Sauce	Traditional Beef Lasagne with Garlic bread	Crispy Chip Shop Fish Fillet, Chunky Chips, Tartare Sauce and Lemon
Quorn Sausage Toad in the Hole with Red Onion Gravy (v)	Cheese and Tomato Quiche (v)	Vegetable Korma (v)	Mexican Chilli Vegetable Burrito (v)	Gnocchi and Tomato Bake (v)
Spiced Orange Drizzle Cake	Black Forest Gateaux Sundae	Apple Crumble with Custard	Lemon Meringue Pie	Fruits of the Forest Cheesecake
WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Caribbean Jerk Chicken with Rice and Peas	Authentic Chilli Con Carne, with Cheesy Nachos	Roasted Chicken, with Sage and Onion Stuffing	Beef Meatballs, Nice and Not too Spicy Tomato Sauce, Herbed Tagliatelle	Salmon Fish Cake with Sweet Chilli Mayo
Macaroni Cheese with Garlic and Herb Bread (v)	Vegetable Chow Mein with Spring Roll (v)	Stuffed Peppers (v)	Roasted Vegetable Quiche (v)	Baked Vegetable Slider with Tangy Salsa (v)
Chocolate and Mandarin Sponge with Chocolate Sauce	Butterscotch Mousse with Crumbled Shortbread	Apple Streusel Cake	Fruit Pancake with Ice Cream	Summer Fruit Eton Mess
WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Your Choice Chicken Curry with Naan Strips and Mango Chutney	"Pie and Mash" Savoury Minced Beef and Onion Pie with Creamed Potatoes	Roasted Beef with Horseradish Sauce	Hunters Chicken	Breaded Chip Shop Fish Fillet, Chunky Chips with Tartare Sauce and Lemon
Spanish Omelette (v)	Indonesian Vegetable Lemon Curry (v)	BBQ Pulled Quorn Wrap with Asian Apple Slaw (v)	Vegetarian Chilli and Soured Cream (v)	Roasted Vegetable Lasagne with Herby Garlic Bread (v)
Tangy Lemon Drizzle Cake and Custard	Waffle Banana Split with Ice Cream	Bread and Butter Pudding with Marmalade Glaze	Chocolate Brownie with Chocolate Sauce	Chewy Cherry Flapjack with Custard