



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato & Roast Pepper	Broccoli & Stilton	Carrot & Coriander	Tuscan Bean & Pepper	Vegetable
Meaty mains	Cajun Chicken Breast & Spicy Salsa	Lamb Kofta with Pitta Bread & Shredded salad	Sticky BBQ Chicken Leg	Beef Stroganoff	Chicken Zinger Burger on a Seeded Bun
Mains	Cheese & Onion Pasta - V	Baked Salmon with a Tomato & Chive Cream - F	Vegetable Jalfrezi with Kashmiri Rice - V	Roasted Pepper & Goats Cheese Quiche - V	Crispy Breaded Cod with Tartar Sauce - F
Veggie mains	Creamy Mushroom & Tarragon Pasta - V	Cheese & Tomato Pizza - V	Mediterranean Stuffed Mushroom - V	Moroccan Spiced Sweet Potato & Chick Pea Tagine - V	Cheese & Bean Melt - V
Salads	Range of fresh salads served daily				
Jackets & pastas	Served daily with meat-based sauce - tomato sauce - tuna - beans - cheese				
Sides	Savoury Rice Garlic, Chilli & Broccoli Peas & Sweetcorn	Crispy Potatoes Whole Green Beans Roasted Carrots in Cumin	Herby Crushed Potatoes Corn on the Cob Braised Sweetheart Cabbage	Herby Rice & Cracked Bulgur Wheat Mixed Vegetable Broccoli	Chips Peas Baked Beans
Hot sweets	Apple Crumble	Salted Caramel Sponge	Chocolate Brownie	Chocolate & Orange Sponge	Chocolate Crunch



Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Cream of Tomato	Pea & Mint	Sweet Potato, Chilli & Coconut	White Onion & Fennel	Vegetable
Meaty mains	Thai Green Chicken Curry	Chef Adele's Homemade Sausage Roll	Roast Chicken with Sage & Onion Stuffing	Lamb Rogan Josh with Naan Bread	Pork Hotdogs with Fried Onions
Mains	Vegetable Samosa with Curry Sauce - V	Herb Crusted Cod & Parsley Sauce - F	Sweet & Sour vegetables & Noodles - V	Tomato & Basil pasta - V	Crispy Breaded Cod with Lemon & Tartar Sauce - F
Veggie mains	Vegetable Carbonara Pasta Bake - V	Cheese & Tomato Pizza - V	Vegetable Sausage with Onion Gravy - V	Mushroom Wellington - V	Tuscan Vegetable & Bean Burger - V
Salads	Range of fresh salads served daily				
Jackets & pastas	Served daily with meat-based sauce - tomato sauce - tuna - beans - cheese				
Sides	Coconut & Coriander Rice Carrots Broccoli	Potato Wedges Peas & Sweet corn Courgettes in a Tomato & Garlic Sauce	Mash Potato Roasted Vegetables Cauliflower Cheese	Patatas Bravas Vegetable Medley Smashed Swede	Chips Peas Baked Beans
Hot sweets	Apple & Peach Crumble	Double Chocolate Sponge	Bakewell Tart	Lemon Drizzle Cake	Chocolate Crunch



Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato	Chilli Noodle Broth	Cauliflower	Roast Pumpkin	Vegetable
Meaty mains	Jerk Chicken	Meat Feast Pizza	Chicken Fajitas	Beef & Vegetable Pie	Cheese Burger on a Seeded Bun
Mains	Mushroom Risotto - V	Thai Fishcakes with a Sweet Chilli Salsa - F	Homity Pie - V	Spinach & Ricotta Lasagne - V	Crispy Battered Cod with Tartar Sauce - F
Veggie mains	Vegetable Filo Bake - V	Cheese Omelette - V	Vegetable Fajita's - V	Vegetable Biryani - V	Quorn & Five Bean Chilli Nachos - V
Salads	Range of fresh salads served daily				
Jackets & pastas	Served daily with meat-based sauce - tomato sauce - tuna - beans - cheese				
Sides	Rice & Peas Broccoli & Courgette Sweetcorn	Curly Fries Ratatouille Green Beans	Mexican Rice Mixed vegetables Mediterranean Vegetables	Herby roasted New Potato Buttered Carrots Green Cabbage	Chips Peas Baked Beans
Hot sweets	Pear & Apple Crumble	Mint Chocolate Sponge	Apple & Blackberry Pie	Marble Cake	Chocolate Crunch with Chocolate Sauce