



## Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Soups</b>	Tomato & Roast Pepper	Broccoli & Stilton	Carrot & Coriander	Tuscan Bean Soup	Vegetable
<b>Meaty Mains</b>	Cajun Chicken Breast & Spicy Salsa	Minted Lamb Stew	Sticky BBQ Chicken Leg	Chinese Chicken Curry	Chicken Zinger Burger
<b>Mains</b>	Macaroni Cheese	Baked Cod with Tomato and Chive Cream	Vegetable Jalfrezi with Kashmiri Rice	Roasted Pepper & Goats Cheese Quiche	Crispy Breaded Cod with Tartar Sauce
<b>Veggie Mains</b>	Mushroom Stroganoff	Cheese and Tomato Pizza	Mediterranean Stuffed Mushroom	Quorn Spaghetti Bolognese	Cheese, Tomato and Basil Calzone
<b>Salads</b>	Range of fresh salads served daily				
<b>Jackets &amp; Pastas</b>	Served daily with meat-based sauce - tomato sauce - tuna - beans - cheese				
<b>Sides</b>	Savoury Rice Garlic & Chilli Broccoli Peas & Sweetcorn	Potato Wedges Whole Green Beans Cumin Roasted Carrots	Herby Crushed Potatoes Corn on The Cob Braised Sweetheart Cabbage	Egg Fried Rice Mixed Vegetables Broccoli	Chips Peas Baked Beans
<b>Hot Sweets</b>	Apple & Winter Berry Crumble	Caramel Sponge	Chocolate Brownie	Sticky Toffee Pudding	Chocolate Crunch



## Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Cream of Tomato	Pea & Mint	Sweet Potato, Chilli & Coconut	Minestrone	Vegetable
Meaty Mains	Thai Green Chicken Curry	Pork Sausage Roll	Roast Chicken With Sage & Onion Stuffing	Lamb Rogan Josh & Naan Bread	Chicken Zinger Burger
Mains	Vegetable Spring Roll with Sweet & Sour Sauce - <b>v</b>	Baked Cod And Parsley Sauce - <b>F</b>	Hoi Sin Stir Fry Veg with Noodles - <b>v</b>	Tomato & Basil Pasta - <b>v</b>	Battered Cod with Lemon & Tartar Sauce - <b>F</b>
Veggie Mains	Vegetable Carbonara Pasta Bake - <b>v</b>	Cheese & Tomato Pizza - <b>v</b>	Quorn Sausages & Onion Gravy - <b>v</b>	Mushroom Wellington - <b>v</b>	Homemade Tuscan Bean Burger - <b>v</b>
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 & Sweetcorn Courgettes in a Tomato & Garlic Sauce	Mashed Potatoes Roasted Vegetables Green Beans	Potato Bravas Root Vegetables Cauliflower Cheese	Chips Peas Beans
Hot Sweets	Apple & Cinnamon Crumble	Double Chocolate Sponge	Apple Pie	Sponge & Chocolate Sauce	Chocolate Crunch & Chocolate Custard



### Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato	Chilli Noodle Broth	Cauliflower	Curried Parsnip	Mixed Vegetable Soup
Meaty Mains	Chicken Madras	BBQ Chicken Pizza	Chicken Fajitas	Beef & Vegetable Pie	Hot & Kicking Chicken Burger
Mains	Tomato Risotto - v	Thai Fishcakes & Sweet Chilli Salsa - F	Pasta Arrabbiata - v	Vegetable Biryani - v	Crispy Battered Cod with Tartar Sauce - F
Veggie Mains	Vegetable Filo Bake - v	Chick Pea and Mixed Bean Tagine - v	Vegetable Fajitas - v	Vegetable Lasagne - v	Crispy Brie with Warm Tomato Chutney - v
Salads	Range of fresh salads served daily				
Jackets & Pastas	Served daily with meat-based sauce - tomato sauce - tuna - beans - cheese				
Sides	Pilau Rice Broccoli & Courgettes Sweetcorn	Curly Fries Ratatouille Green Beans	Mexican Rice Mixed Vegetables Mediterranean Vegetables	Herby Roasted New Potatoes Buttered Carrots Green Cabbage	Chips Peas Baked Beans
Hot Sweets	Apple & Peach Crumble	Red Velvet Marble Sponge	Lemon Bakewell Tart	Jam Sponge	Chocolate Crunch