



Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato & Red Onion - V	Hot & Sour Vegetables - V	Broccoli & Stilton - V	Minestrone - V	Winter Vegetable - V
Meaty mains	Spaghetti & Pork Meatballs	Sweet Chilli Chicken Pizza	Chicken Fajitas	Veggie Sausage & Onion Gravy - V	Chicken Zinger Burger on a Bun
Veggie mains	Spaghetti & Veggie Meatballs - V	Cheese & Tomato Pizza - V	Vegetable Fajitas - V	Cheese & Tomato Croissant - V	Quorn Chilli Nachos - V
Mains	Lentil Dahl - V	Cod & Leek Fishcakes - F	BBQ Bean Melt - V	Vegetable Lasagne - V	Crispy Fish Fingers - F
Jackets and pastas	Served daily with meat-based sauce - tomato sauce - tuna - beans - cheese				
Sides	Savoury Rice Garlic & Chilli Broccoli Peas	Potato Wedges Sweetcorn Spiced Courgette	Mexican Rice Chimichurri Vegetables Carrots	Mash Potato Herby Cauliflower Cheesy Leeks	Chips Peas Baked Beans
Hot sweets	Apple & Cinnamon Crumble	Chocolate Sponge	Blackberry & Apple Pie	Caramel Sponge with Caramel Sauce	Chocolate Crunch



	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Tomato & Basil - V	Indian Vegetables & Chickpea - V	Leek Potato & Spinach - V	Celeriac & Apple - V	Winter Vegetable - V
Meaty mains	Thai Chicken Curry	Ham & Mushroom Pizza	BBQ Chicken Leg	Quorn Mince & Onion Pie - V	Chicken Zinger Burger on a Bun
Veggie mains	Vegetarian Sausage Roll & Parsley Sauce - V	Rocket Pesto & Mozzarella Pizza - V	Vegetable Biryani - V	Tomato & Basil Linguine - V	Mixed Bean & Cheddar Burger - V
Mains	Macaroni Cheese - V	Grilled Cod with Asparagus & Herb Cream - F	Three Cheese Quiche - V	Potato & Chickpea Curry with Rice - V	Crispy Breaded Cod - F
Jacket and pastas	Served daily with meat-based sauce - tomato sauce - tuna - beans - cheese				
Sides	Coconut Rice Carrots Whole Green Beans	Potato Spirals Broccoli Peas & Sweetcorn	Buttered New Potatoes Mixed Vegetables Curried Cauliflower & Spinach	Herby Crushed Potato Sautéed Leeks & Cabbage Cumin Roasted Root Vegetables	Chips Peas Baked Beans
Hot sweets	Apple & Mixed Berry Crumble	Double Chocolate Sponge	Lemon Bakewell Tart	Syrup Sponge	Chocolate Crunch



	Monday	Tuesday	Wednesday	Thursday	Friday
Soups	Cream of Tomato - V	Carrot & Cumin - V	White Onion & Fennel - V	Sweetcorn Chowder - V	Winter Vegetable - V
Meaty mains	Chicken Casserole	Pepperoni Pizza	Southern Fried Chicken	Quorn Bolognese Bake - V	Chicken Zinger Burger on a Bun
Veggie mains	Vegetarian Samosa with Curry Sauce - V	Cheese & Tomato Pizza - V	Sweet Potato & Spinach Gratin - V	Mushroom Wellington - V	Halloumi Kebabs with a Tomato Relish - V
Mains	Tuna Pasta Bake - F	Seafood Risotto - F	Coconut & Sweet Chilli Vegetables - V	Mediterranean Stuffed Beef Tomatoes - V	Crispy Battered Cod - F
Jackets and pastas	Served daily with meat-based sauce - tomato sauce - tuna - beans - cheese				
Sides	Jewelled Rice Broccoli Mixed Vegetables	Potato Wedges Vegetables Medley Sweetcorn & Peppers	Aloo Gobi Whole Beans in Tomato Sauce Corn on the Cob	Herby Roasted Potato Minted Peas Cauliflower & Broccoli Mornay	Chips Peas Baked Beans
Hot sweets	Apple & Pear Crumble	Vanilla Sponge with Chocolate Sauce	Chocolate Brownie	Jam Paris Sandwich	Chocolate Crunch