



WEEK ONE



WEEK TWO



WEEK THREE

MONDAY		MONDAY		MONDAY	
Meat Main	Sausages with Mash and Gravy	Meat Main	Makhani Chicken Curry with Coconut Rice	Meat Main	Lemon & Garlic Chicken with Wholemeal Rice
Vegetarian Main	Quorn Meatballs in Tomato Sauce with Spaghetti	Vegetarian Main	Stir Fried Quorn & Vegetables with Noodles	Vegetarian Main	Moroccan Vegetable Tagine with Lemon Spiced Cous Cous
Vegetables	Green Beans & Carrots	Vegetables	Sweetcorn & Green Beans	Vegetables	Cauliflower & Green Beans
Dessert	Chocolate Sponge with Chocolate Sauce	Dessert	Apple Pie with Cream	Dessert	Fruits of the Forest Sponge with Berry Custard
TUESDAY		TUESDAY		TUESDAY	
Meat Main	Chicken Tikka Curry with Rice	Meat Main	Cottage Pie with Bubble & Squeak Mash	Meat Main	Beef Lasagne with Garlic Bread
Vegetarian Main	Hot & Sour Vegetables with Rice	Vegetarian Main	Butternut Squash & Bean Stew with Rice	Vegetarian Main	Moroccan Bean Tagine with Lemon Spiced Cous Cous
Vegetables	Sweetcorn & Sag Aloo	Vegetables	Broccoli & Creamed Leeks	Vegetables	Peas & Green Salad
Dessert	Apple Strudel with Custard	Dessert	Lemon Drizzle Cake	Dessert	Fresh Fruit Salad
WEDNESDAY		WEDNESDAY		WEDNESDAY	
Meat Main	Roast Beef with Gravy & Roast Potatoes	Meat Main	Roast Chicken with Roast Potatoes	Meat Main	Roast Gammon with Homemade Stuffing & Gravy with Roast Potatoes
Vegetarian Main	Sweet Potato Frittata with Green Salad and Roast Potatoes	Vegetarian Main	Mac 'n' Cheese with Roasted Butternut Squash	Vegetarian Main	Mac 'n' Cheese with Coronation Vegetables
Vegetables	Roasted Root Vegetables & Broccoli	Vegetables	Braised Red Cabbage & Puree of Swede	Vegetables	Honey Roast Parsnips and Spinach
Dessert	Apple Flapjack	Dessert	Apple & Cinnamon Sponge with Custard	Dessert	Banana & Ginger Parkin
THURSDAY		THURSDAY		THURSDAY	
Meat Main	Shepherd's Pie	Meat Main	Beef Kofta Kebab with Cous Cous	Meat Main	Chicken & Vegetable Pie with Mashed Potato
Vegetarian Main	Stuffed Roasted Red Peppers with Wholegrain Rice	Vegetarian Main	Vegetable & Chickpea Curry with Rice	Vegetarian Main	Chipotle Bean Chilli with Rice
Vegetables	Cauliflower & Green Cabbage	Vegetables	Cauliflower & Spinach	Vegetables	Sweetcorn & Broccoli
Dessert	Fresh Fruit Salad	Dessert	Sultana Flapjack	Dessert	Jam & Coconut Sponge with Vanilla Custard
FRIDAY		FRIDAY		FRIDAY	
Meat Main	Battered Fish and Chips	Meat Main	Battered Fish & Chips	Meat Main	Battered Fish & Chips
Vegetarian Main	Quorn Sausages with Chips	Vegetarian Main	Cheese & Onion Pasty & Chips	Vegetarian Main	Cheese & Mushroom Puff & Chips
Vegetables	Peas & Baked Beans	Vegetables	Peas & Baked Beans	Vegetables	Peas & Baked Beans
Dessert	Lemon and Courgette Muffin	Dessert	Zesty Orange Cake	Dessert	Chocolate Tiffin



Hot Deli, Hot Pots, Baked Potato, Salads and more options also available daily

