

MAKE GOOD CHOICES.

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Cajun Chicken Breast in a Bun	Italian Style Lasagne	Chicken Madras with Steamed Coriander Rice	Roast of the Day with Traditional Accompaniments	Battered Fish
Main Meal	Beef & Veg Hot Pot served in a Yorkshire Pudding	Southern Style Chicken BBQ Sauce	Minced Lamb & Vegetable Pie	Chilli Con Carne with Steamed Wholegrain Rice	Freshly Made Mexican Burritos
Vegetarian	Macaroni Cheese Bake	Vegetable Byriani with Chip Shop Curry Sauce	Veggie Burger in a Bun with Burger Relish	Cheese & Red Onion Quiche	
Vegetables & Salad	Potato Stovies Garden Peas Cauliflower	Spicy Diced Potato Sweetcorn Green Beans	Boiled Potato Savoy Cabbage Mixed Vegetables	Roast Potatoes Broccoli Baton Carrots	Chips Mushy Peas Salad

Available Daily: Baked Beans, Filled Jacket Potatoes, Snacks, Variety of Filled Sandwiches, Rolls, Torpedo Rolls & Wraps, Hot Sweet of The Day, Fruit Salad & Fruit Pots, Jellies, Bottled Water and Cold Drinks

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Beefburger in a Bun with Relish	Chicken & Vegetable Pie	Chicken Tikka Masala with Steamed Rice	Roast of the Day with Traditional Accompaniments	Battered Fish
Main Meal	Salmon & Tuna Pasta Bake	Spicy Lamb & Vegetable Pitta	Meat & Potato Pie with Herby Pastry	Greek Style Moussaka	Chicken Sausage Hot Dog with Onion Relish
Vegetarian	Stir Fry Mixed Vegetables with Noodles	Italian Tomato & Wholemeal Pasta Bake	Roast Vegetable Quesadilla	Mediterranean Vegetable Lasagne	
Vegetables & Salad	Spicy Diced Potato Garden Peas Cauliflower	Herby Baked Potato Sweetcorn Green Beans	Boiled Potato Savoy Cabbage Mixed Vegetables	Roast Potatoes Broccoli Carrot & Swede	Chips Mushy Peas Salad

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main Meal	Firecracker Chicken & Wholemeal Pasta Bake	Shepherds Pie	Keema Jalfrezi with Steamed Rice	Roast of the Day with Traditional Accompaniments	Battered Fish
Main Meal	Spiced Beef Meatballs	Spicy Chicken Enchilada	Braised Chicken Sausage & Onions	Cornish Roll	French Bread Pizza
Vegetarian	Mixed Bean Chilli with Steamed Rice	Cheddar Cheese & Tomato Quiche	Roasted Vegetable & Tomato Sauce with Wholemeal Pasta	Sweet Chilli Stir Fry Vegetables	
Vegetables & Salad	Herby Baked Potato Garden Peas Cauliflower	Spicy Diced Potato Sweetcorn Green Beans	Creamed Potato Savoy Cabbage Mixed Vegetables	Roast Potatoes Broccoli Carrot & Swede	Chips Mushy Peas Salad

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