

## Week 1

Monday

Tuesday

Wednesday

Thursday

Friday

### Main Meal 1

Vegetable Bolognese  
with Rice and  
Seasonal Vegetables

Jerk Chicken served  
with Jollof Rice &  
Mixed Vegetables

Roast Beef served  
with Roast Potatoes,  
Carrots, Cabbage,  
Stuffing Ball and  
Gravy

Turkey Fajita Wrap  
served with Jacket  
Wedges & Vegetables

Fish Fingers served  
with Chips, Garden  
Peas or Baked Beans

(G) (W)

(G) (W) (MK)

(G) (W) (F)

### Meat Free 2

Vegetarian Sweet &  
Sour Stir Rice Noodles

Homemade Salmon  
Fish Cakes served  
with Parsley Potatoes  
and Green Beans and  
Tartar Sauce

Roasted Vegetable  
Quiche served with  
New Potato & Fresh  
Salad

Lemon Roasted Cod  
served with Potato  
Wedges and Fresh  
Salad

Vegetarian  
Shepherd's Pie

(G) (W) (F) (E) (MK)

(G) (W) (E) (MK)

(F)

(MK)

### Main Meal 3

Creamy Leek  
Carbonara  
served with Fresh  
Homemade Bread &  
Mixed Vegetables

Broccoli &  
Cauliflower Bake  
served with Roast  
Potatoes, Yorkshire  
Pudding and Gravy

Winter Vegetable Stew  
served with New  
Potatoes

Pesto Pasta served  
with Roasted  
Vegetables

Aubergine Katsu  
served with Rice and  
Broccoli

(G) (W) (MK) (MU) (SO)

(G) (W) (E) (MK)

(G) (W) (MK) (MU) (SO)

(G) (W) (SO)

### Desserts

Cheese & Crackers  
Fresh Fruit Pot

Fruit Jelly  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

Flapjack  
Fresh Fruit Pot

Cheese & Crackers  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

Fruity Jelly  
Fresh Fruit Pot

(G) (W) (B) (MK)

(MK)

(G) (W) (B)

(G) (W) (B) (MK)

Available every day:

A selection of fresh  
vegetables and tasty salad

Delicious freshly  
baked bread

Fruit platter and natural  
yogurt with toppings



## Week 2

Monday

Tuesday

Wednesday

Thursday

Friday

### Main Meal 1

Vegetable Arrabiata Pasta Bake served with Fresh Homemade Bread & Salad

(G) (W) (MK) (MU) (SO)

Oriental Chicken in a Black Bean Sauce served with Rice Noodles

(G) (W) (E) (SO) (SE)

Sausage & Mash served with Seasonal Vegetables and Gravy

(G)(W)(SU)(SO)(MK)

Wholemeal Meat Pizza Baguette served with Selection of Fresh Salad

(G) (W) (E) (SO) (MK)

Crispy Fish Fillet served with Chips, Garden Peas and Baked Beans

(G) (W) (F)

### Meat Free 2

Spinach and Red Lentil Pie served with Fresh Salad

(G) (W) (MK) (E)

Salmon & Spinach Wellington served with Potatoes

(G) (W) (E) (MK) (F)

Spaghetti with Roasted Vegetables and Tomato Sauce

(G) (W) (MU) (SO)

Baked Haddock served with Roast Potatoes

(F)

Winter Vegetable Quiche served with Chips, Garden Peas or Baked Beans

(G) (W) (E) (MK)

### Main Meal 3

Jacket Potato with Choice of Toppings served with Fresh Salad

(MK) (F) (E)

Autumn Vegetable Cheese Crumble Topping served with Fresh Salad

(G) (W) (MK)

Vegetable Chili Taco, Golden Vegetable Rice

(G) (W)

Thai Vegetable Curry served with Rice

Courgette and Pea Risotto

### Desserts

Cheese & Crackers  
Fresh Fruit Pot

(G) (W) (B) (MK)

Fruit Jelly  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

(MK)

Jam Roly Poly with  
Custard  
Fresh Fruit Pot

(G) (W) (E) (MK)

Cheese & Crackers  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

(G) (W) (B) (MK)

Fruity Jelly  
Fresh Fruit Pot

Available every day:

A selection of fresh vegetables and tasty salad

Delicious freshly baked bread

Fruit platter and natural yogurt with toppings

## Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

### Main Meal 1

Traditional Macaroni Cheese served with Fresh Homemade Bread and Mixed Vegetables

(G) (W) (MK) (MU) (SO)

Turkey & Vegetable Tikka served with Fragrant Rice, Naan Bread Finger & Seasonal Vegetables

(G) (W) (MK) (MU)

Roast Beef with Potatoes, Seasonal Vegetables, Yorkshire Pudding and Gravy

(G) (W) (MK) (E)

Tasty Beef & Cheese Burrito served Whole Grain Rice, Tomato & Cucumber Salsa

(G) (W) (MK)

Fish Fingers served with Chips, Garden Peas and Baked Beans

(G) (W) (F)

### Meat Free 2

Spicy Jerk Style Pasta with Peppers

(G) (W) (MK) (MU) (SO)

Spanish Style Hake

Vegetable Egg Noodle Stir Fry

(G) (W) (E) (SO)

Steamed Cod with Black Olives with New Potatoes

(F)

Pasta with Courgette, Roasted Tomatoes in a Tomato Sauce

(G) (W) (MU) (SO)

### Main Meal 3

Vegetable Cottage Pie

(MK)

Vegetable Lasagne served with Homemade Garlic and Herb Bread and Tossed Salad

(G)(MU)(W)(MK)(SO)(E)

Chickpea and Tomato Casserole with Garden Herbs

Lentil Loaf served with Fresh Salad

(G) (W) (E)

Stuffed Aubergine with Green Lentil and Rice

### Desserts

Cheese & Crackers  
Fresh Fruit Pot

(G) (W) (B) (MK)

Fruit Jelly  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

(MK)

Apple & Berry Crumble  
Fresh Fruit Pot

(G) (W) (MK)

Cheese & Crackers  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

(G) (W) (B) (MK)

Fruity Jelly  
Fresh Fruit Pot

Available every day:

A selection of fresh vegetables and tasty salad

Delicious freshly baked bread

Fruit platter and natural yogurt with toppings

## Week 4

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### Main Meal 1

Vegetarian Chili Nachos

Beef Casserole with Creamy Mashed Potato, Broccoli and Cauliflower

Roast Chicken served with Roast Potatoes, Carrots, Broccoli, Yorkshire Pudding and Gravy

Beef Lasagna served with Homemade Garlic and Herb Bread and Fresh Salad

Crispy Fish Fillet served with Chips, Garden Peas and Baked Beans and Tomato Ketchup

(MK)

(G) (W) (E) (MK)

(G)(MU)(W)(MK)(SO)(E)

(G) (W) (F)

#### Meat Free 2

Roasted Vegetable Quiche served with New Potato & Fresh Salad

Fish Paella served with Vegetable Medley

Stir Fry Vegetables served with Rice and Peas

Baked Salmon served with Potato Wedges

Chicken Thighs served with Chips

(G) (W) (E) (MK)

(F)

(SO)

(G) (W)

#### Main Meal 3

Vegetable Pasty

Vegetable Moussaka served with and Homemade Garlic and Herb Bread Seasonal Vegetables

Moroccan Vegetable and Chickpeas Tagine with Fruity Couscous

Vegetable Thai Curry served with Rice

Roasted Vegetable Frittata served with Fresh Salad

(G) (W) (E) (MK)

(G) (W) (MK) (SO)

(G) (W)

(E) (MK)

#### Desserts

Cheese & Crackers  
Fresh Fruit Pot

Fruit Jelly  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

Banana Loaf  
Fresh Fruit Pot

Cheese & Crackers  
Fruit Yogurt & Coulis  
Fresh Fruit Pot

Fruity Jelly  
Fresh Fruit Pot

(G) (W) (B) (MK)

(MK)

(G) (W) (E)

(G) (W) (MK)

Available every day:

A selection of fresh vegetables and tasty salad

Delicious freshly baked bread

Fruit platter and natural yogurt with toppings

