

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

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)

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)

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