

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAIN MEAL 1

Rainbow Wholemeal Pizza Served with Baked Potato Wedges, Peas & Sweetcorn or Mixed Salad

Jerk Chicken served Golden Rice mixed Vegetables

Homemade Beef Lasagne served with Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad

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

Fish Fingers or Salmon Fish Fingers served with Chips, Garden Peas or Baked Beans

MAIN MEAL 2

Thai Vegetable Curry served with Fluffy White Rice

BBQ Lentil, Bean & Vegetable Wraps served Golden Wholemeal Rice & Mixed Vegetables

Crispy Vegetable & Egg Free Noodle Stir Fry in a Soy Sauce Dressing

Spring Vegetable Quiche served with New Potatoes and Veg

Beef Burger in a Bun served with Chips, Garden Peas or Baked Beans

MAIN MEAL 3

Pasta with a homemade tomato sauce served with fresh salad and chunky bread

Wholemeal Tuna Pasta in a Creamy Sauce with Seasonal Vegetables

Moroccan Vegetable and Chickpeas Tagine with Fruity Couscous

Fresh Baguette with either cheese or tuna mayo served with salad

Aubergine and Chickpea Curry Served with Fluffy white Rice

DESSERTS

Cheese & Crackers
Fresh Fruit Pot

Fruit Yogurt & Coulis
Fresh Fruit Pot

Apple & Berry Slice with cream
Fresh Fruit Pot

Cheese & Crackers
Fresh Fruit Pot

Ice Cream
Fresh Fruit Pot

Making lunchtime the **highlight** of your day

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MAIN MEAL 1

Butternut Squash Korma Served with Wholemeal Rice, Naan Bread Finger & Mixed Vegetables

Sweet and Sour Turkey served with rice and stir Fried Vegetables

Beef Bolognese served with Penne Pasta, Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad

Chicken Sausage served with Potatoes, Yorkshire Pudding, Carrots, Broccoli & Gravy

Breaded Fish Fillet served with Chips, Garden Peas or Baked Beans

MAIN MEAL 2

Leek Carbonara Pasta served with vegetables

Kenyan Chicken Githeri with Vegetables

Broccoli & Cauliflower Bake Served with Homemade Herb Bread

Salmon and Spinach Wellington served with Potatoes

Cheese and Tomato Pizza Baguette served skinny chips, Garden Peas or Baked Beans

MAIN MEAL 3

Jacket Potato loaded with Cheese and Onion served with Fresh Salad

Cheese & Tomato Pinwheel served with Wholemeal Vegetable Rice & Mixed Salad

Vegetable Chilli Con Carne served with Wholemeal Rice & Seasonal Vegetable

Vegetable Paella Served with Selection of Mixed Salads

Spanish Style Vegetable cassoulet Served with Boiled New potatoes

DESSERTS

Cheese & Crackers
Fresh Fruit Pot

Fruit Jelly
Fresh Fruit Pot

Toffee Apple Cake
Fresh Fruit Pot

Fruit Yogurt & Coulis
Fresh Fruit Pot

Pancakes with various toppings
Fresh Fruit Pot

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MAIN MEAL 1

Traditional Macaroni Cheese Served with Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad

Beef Chilli Con Carne served with Wholemeal Rice & Seasonal Vegetable

BBQ Pulled Chicken Wraps served Baked Wedges & Mixed Vegetables

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

Fish Fingers served with Chips, Garden Peas or Baked Beans

MAIN MEAL 2

Zunka Bhakri Curry with Rice and vegetables

Roasted Cod with , Roasted Olives and Tomatoes & Vegetable Medley

Homemade Vegetarian Lasagne Served with Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad

Baked Lentil Roast served with Roast Potatoes, Carrots, Cabbage, Stuffing Ball and Gravy

Chicken Thighs served with Chips, Garden Peas or Baked Beans

MAIN MEAL 3

Jacket Potato with Choice of Toppings served with Fresh Salad

Roasted Vegetable & Bean Pasta Bakes Served with Garlic & Herb Bread, Mixed Salad

Baked Cod with a Tomato & Olive Sauce Served With New Potatoes

Roasted Butternut Squash & Risotto Served with Fresh Salad

Mediterranean Vegetable Ratatouille

DESSERTS

Fresh Yoghurt and Coulis
Fresh Fruit Pot

Fruit Jelly
Fresh Fruit Pot

Peach Sponge with Custard
Fresh Fruit Pot

Cheese & Crackers
Fresh Fruit Pot

Fruit Jelly
Fresh Fruit Pot

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MAIN MEAL 1

Chickpea & Lentil Curry Served with Fluffy Rice & Vegetables

Chicken Sausages, Creamy Mashed Potato, Seasonal Vegetable & Gravy

Turkey Meatball In a Rich Tomato Sauce Served with Wholemeal Rice

Roast Beef served with Roast Potatoes, Carrots, Broccoli and Gravy

Fish Fingers served with Skiny Fries, Baked Beans or Peas

MAIN MEAL 2

Roasted Vegetable Quiche served with New Potato & Fresh Salad

Crispy Vegetable & Egg Free Noodle Stir Fry in a Sweet and Sour Sauce

Vegetable Bolognaise served with Penne Pasta, Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad

Homemade Vegetarian Lasagne Served with Garlic & Herb Bread, Seasonal Vegetables or Mixed Salad

Fish Paella

MAIN MEAL 3

Paprika Spice Mediterranean Vegetable Casserole served New Potatoes

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

Loaded Jacket Potato with Cheese Onion and Peppers served with Fresh Salad

Vegetable Frittata Served with Fresh Salad

Stuffed Peppers Filled with Green Lentil and Rice Served with Tomato Ragù

DESSERTS

Cheese & Crackers
Fresh Fruit Pot

Fruit Jelly
Fresh Fruit Pot

Lemon Drizzle Cake
Fresh Fruit Pot

Cheese & Crackers
Fresh Fruit Pot

Fruit Jelly
Fresh Fruit Pot

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