

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Chicken tikka masala with steamed basmati rice and cumin green beans.	British Cumberland sausage patties with Maris pipers mash, peas and gravy	Tomato and basil potato gnocchi with roasted pumpkin	Sweet paprika roasted chicken with brown rice and kidney beans	Wholemeal pizza Margherita with thick cut chips and steamed peas
MEAT FREE	Matar paneer with steamed basmati rice and cumin green beans.	Plant based sausages with Maris pipers mash, peas and gravy	Tomato and basil potato gnocchi with roasted pumpkin	Curried peas and sweet potatoes pasties with brown rice	Wholemeal pizza Margherita with thick cut chips and steamed peas
DESSERT	-Apple crumble served with custard -Sliced fruit	Fruit platter	-Chocolate budino -Sliced fruit	Fruit platter	-Jam sponge -Sliced fruit
EVERY DAY	Pasta with tomato sauce and jacket potatoes				
AFTERNOON TEA	Selection of sandwiches and crudités	Pasta with tomato and basil	Lentil dal with homemade bread	Selection of sandwiches and crudités	Jacket potato with baked beans, cheese and tuna mayo

WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Lemon roasted chicken with new potatoes and fine green beans	Creamy slow cooked pork casserole with roasted broccoli and cauliflower	Homemade chickpeas falafel with thick cut fries and sautéed cabbage	Chilli con carne with coriander rice and sweetcorn	Chicken goujons with Potato wedges and peas
MEAT FREE	Roasted aubergine with tomato and mozzarella, new potatoes and fine green beans	Seitan and root vegetable stew with roasted broccoli and cauliflower	Homemade chickpeas falafel with thick cut fries and sautéed cabbage	Beans and peppers chilli and coriander rice and sweetcorn	Broccoli goujons with potato wedges and peas
DESSERT	-Coconut rice pudding -Fruit platter	Fruit platter	-Fruit cobbler with vanilla custard -Fruit platter	Fruit platter	-Blueberries muffins -Fruit platter
EVERY DAY	Pasta with tomato sauce and jacket potatoes				
AFTERNOON TEA	Spinach pancakes served with yogurt dip	Selection of sandwiches and crudités	Jacket potato with baked beans, cheese and tuna mayo	Vegetables and tofu Noodles	Sweet potato and lentil sausage roll

WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	Roasted Chicken Potatoes and cabbage	Pulled pork noodles with broccoli	Chicken and leek pie with mash potato and carrots	Lasagne alla Bolognese With green beans	Fish fingers with peas and thick fries
MEAT FREE	Feta and peppers patties Roasted potatoes and cabbage	Tofu and mushrooms noodles with broccoli	Mushroom and leek pie with mash potato and carrots	Butternut squash and mozzarella lasagne With green beans	Chickpeas, aubergine and peppers sausage rolls with peas and thick fries
DESSERT	-Chocolate sponge with chocolate custard -Sliced fruit	Fruit platter	-Upside down pineapple cake -Fruit platter	Fruit platter	-Carrot cake -Sliced fruit
EVERY DAY	Pasta with tomato sauce and jacket potatoes				
AFTERNOON TEA	Pasta with red pepper and basil pesto	Egg fried rice with peas and carrots	Cauliflower and green beans curry with couscous	Jacket potato with baked beans, cheese and tuna mayo	Selection of sandwiches and crudités