



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 1	Main Meal	Mexican chicken fajita, salad, sour cream, and salsa	Beef chilli con carne, with rice, nachos	Quiche Lorraine, new potatoes	Roast beef, Yorkshire pudding, roast potatoes, and gravy	Salmon and broccoli fish cake, baked potato wedges and peas
	Vegetarian	Ratatouille pasta, with garlic croutons	Lentil and vegetable masala, rice and naan bread	Cauliflower cheese with leeks, new potatoes	Sage and vegetable loaf, roast potatoes, and gravy	Quorn, bean and vegetable fajita, baked potato wedges and peas
	Dessert	Fruit jelly, fresh fruit or yogurt	Chocolate chip cookie	Fruit jelly, fresh fruit or yogurt	Blueberry and pear crumble and custard	Fruit jelly, fresh fruit or yogurt
WEEK 2	Main Meal	Chicken tikka masala, rice, naan bread	Chilli beef burrito, Bake potato wedges	Paprika pork with potatoes and peas	Chunky chicken and vegetable pie, with roast new potatoes	Tuna and pasta bake
	Vegetarian	Quorn bean and vegetable chilli con carne, rice, nachos	Chinese vegetable stir fry, with sweet chilli noodles	Vegetable Risotto stuffed pepper	Quorn sausage and vegetable cassoulet, with roast new potatoes	Falafel, with wholemeal pitta, salad, and salsa
	Dessert	Fruit jelly, fresh fruit or yogurt	Lemon and sultana cookie	Fruit jelly, fresh fruit or yogurt	Chocolate sponge and chocolate sauce	Fruit jelly, fresh fruit or yogurt
WEEK 3	Main Meal	Italian Chicken pasta with basil and tomato, garlic bread	Vegetable tagine, with cous cous	Traditional beef cottage pie, gravy	Slow cooked roast pork with apple sauce, with roast potatoes	Oven baked breaded fish and chips, served with peas
	Vegetarian	Vegetable tagine, with cous cous	Creamy vegetable pie, with new potatoes	Mac n cheese	Shepherdess pie, with gravy	Cheese and onion pin wheel, chips, peas
	Dessert	Fruit jelly, fresh fruit or yogurt	Apple and cranberry flapjack	Fruit jelly, fresh fruit or yogurt	Banoffee toffee sponge and cream	Fruit jelly, fresh fruit or yogurt

All main meals are served with a choice of fresh salad, or vegetables

Jacket potatoes are available daily with a choice of toppings; cheese, beans or tuna



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK 4	Main Meal	Balti chicken curry, with rice and naan bread	Beef chilli dog, with baked potato wedges	Lamb moussaka	Roast chicken with sage and onion stuffing, Roast potatoes	Fisherman's ocean pie
	Vegetarian	Butternut squash and broccoli tikka, with rice and naan bread	Smokey bean, Quorn, and vegetable enchilada	Cajun vegetable and Quorn flatbread, with crumbled feta cheese	Cheese tomato and basil quiche, Roast potatoes	Lentil and vegetable lasagne
	Dessert	Fruit jelly, fresh fruit or yogurt	Raspberry and white chocolate cookie	Fruit jelly, fresh fruit or yogurt	Rice pudding with red berry compote	Fruit jelly, fresh fruit or yogurt
WEEK 5	Main Meal	Beef bolognese pasta bake, served with garlic bread	Chinese chicken and vegetable stir fry, with noodles	Creamy pasta carbonara	Steak and vegetable pie, new potatoes, and gravy	Salmon and broccoli pasta bake
	Vegetarian	Vegetable chilli Quorn dog, baked potato wedges	Tomato, basil, and mozzarella pasta bake, served with garlic bread	B.B.Q veggie sausage and bean hot pot	Lentil moussaka	Chunky roast vegetable pizza and pasta salad
	Dessert	Fruit jelly, fresh fruit or yogurt	Cherry chocolate cookie	Fruit jelly, fresh fruit or yogurt	Apple and raspberry crumble and custard	Fruit jelly, fresh fruit or yogurt
WEEK 6	Main Meal	Spanish chicken and chorizo, with potato	Chicken and vegetable enchilada	Traditional beef lasagne	Braised sausages in onion gravy, Yorkshire pudding, Roast potatoes	Oven baked breaded fish, chips, and peas
	Vegetarian	Spinach chickpea and potato curry, served with rice	Sweet and sour vegetables, served with rice	Baked cheese and vegetable Spanish tortilla	Cheese tomato and potato pie, with Roast potatoes	Quorn chilli burrito
	Dessert	Fruit jelly, fresh fruit or yogurt	Vanilla shortbread	Fruit jelly, fresh fruit or yogurt	Woodland berry sponge and custard	Fruit jelly, fresh fruit or yogurt

All main meals are served with a choice of fresh salad, or vegetables

Jacket potatoes are available daily with a choice of toppings; cheese, beans or tuna