

# menu

## MONDAY

SMOKEY LENTIL CHILLI, SERVED WITH RICE AND NACHOS  
VEGETABLE FINGERS, SERVED WITH POTATO WEDGES

## TUESDAY

SAUSAGE AND TOMATO PASTA BAKE, SERVED WITH GARLIC  
BREAD  
THAI GREEN VEGETABLE CURRY, SERVED WITH RICE  
CHERRY AND CHOCOLATE MUFFIN

## WEDNESDAY

ROAST CHICKEN, SAGE AND ONION STUFFING, ROAST  
POTATOES  
BUTTERNUT SQUASH AND TOMATO CRUMBLE, ROAST  
POTATOES AND GRAVY

## THURSDAY

HUNGARIAN BEEF GOULASH, SERVED WITH NEW POTATO  
CHEESE AND TOMATO QUICHE, SERVED WITH NEW POTATO  
PEAR CRUMBLE CAKE AND CUSTARD

## FRIDAY

FISH AND CHIPS, BEANS OR PEAS  
SWEETCORN FRITTER, WITH TOMATO SALSA, CHIPS, BEANS  
OR PEAS

JACKET POTATO, MONDAY BEANS, TUESDAY CHEESE, WEDNESDAY TUNA,  
THURSDAY BEANS, FRIDAY CHEESE

ALL MAIN MEALS COME WITH A CHOICE OF FRESH SALAD, OR  
VEGETABLES DAILY.

FRUIT JELLY, FRESH FRUIT OR YOGURT.



week one

# menu

## MONDAY

MTOMATO MACARONI PASTA BAKE

VEGGIE BURGER, SERVED WITH POTATO WEDGES

## TUESDAY

CHICKEN AND VEGETABLE CASSOULET, SERVED WITH NEW POTATO

LENTIL AND VEGETABLE LASAGNE

CHOCOLATE DOUGHNUT

## WEDNESDAY

SLOW ROAST BEEF, ROAST POTATOES, GRAVY.

CHEESE AND POTATO FRITTATA, SERVED WITH ROAST POTATOES

## THURSDAY

PULLED PORK TACO, FRESH SLAW, AND SPICY RICE

VEGETABLE AND LENTIL BALTI, SERVED WITH RICE AND

NAAN BREAD

LEMON AND COCONUT SPONGE SERVED WITH CUSTARD

## FRIDAY

SWEET CHILLI SALMON STIR FRY, SERVED WITH SESAME

NOODLES

MINI CHEESE PANINI, SERVED WITH CHIPS

JACKET POTATO, MONDAY BEANS, TUESDAY CHEESE, WEDNESDAY TUNA,  
THURSDAY BEANS, FRIDAY CHEESE

ALL MAIN MEALS COME WITH A CHOICE OF FRESH SALAD, OR  
VEGETABLES DAILY.

FRUIT JELLY, FRESH FRUIT OR YOGURT.



week two

# menu

## MONDAY

POTATO SPINACH AND CHICKPEA CURRY SERVED WITH  
RICE AND NAAN BREAD  
VEGAN SAUSAGE ROLL SERVED WITH JACKET POTATO AND  
BAKED BEANS

## TUESDAY

CHICKEN ARRABIATTA PASTA BAKE, SERVED WITH GARLIC  
BREAD  
VEGAN CHILLI CON CARNE, SERVED WITH RICE, AND  
NACHOS  
CHOCOLATE BROWNIE

## WEDNESDAY

ROAST PORK AND APPLE SAUCE, SERVED WITH ROAST  
POTATOES, GRAVY  
CHEESE LEEK AND POTATO PIE, SERVED WITH ROAST  
POTATOES

## THURSDAY

TRADITIONAL LAMB SHEPHERD'S PIE  
RATATOUILLE HOT POT, SERVED WITH POTATO WEDGES  
PEACH MELBA SPONGE AND CUSTARD

## FRIDAY

FISH FINGERS, CHIPS, PEAS OR BAKED BEANS  
CAULIFLOWER CHEESE, CHIPS, PEAS OR BAKED BEANS

JACKET POTATO, MONDAY BEANS, TUESDAY CHEESE, WEDNESDAY TUNA,  
THURSDAY BEANS, FRIDAY CHEESE

ALL MAIN MEALS COME WITH A CHOICE OF FRESH SALAD, OR  
VEGETABLES DAILY.

FRUIT JELLY, FRESH FRUIT OR YOGURT.



week three

# menu

## MONDAY

TOMATO AND VEGETABLE PASTICCIO  
VEGGIE HOT DOG, SERVED WITH POTATO WEDGES

## TUESDAY

KATSU CHICKEN CURRY SERVED WITH RICE  
MEXICAN BEAN CHILLI, SERVED WITH RICE AND NACHOS  
PINEAPPLE MUFFIN

## WEDNESDAY

ROAST TURKEY, SERVED WITH SAGE AND ONION STUFFING,  
ROAST POTATOES, GRAVY  
NO NUT LOAF SERVED WITH ROAST POTATOES AND GRAVY

## THURSDAY

BEEF STIFADO PASTA  
VEGAN SAUSAGE, SERVED WITH ONION GRAVY AND MASHED  
POTATO  
CHOCOLATE SHORTBREAD, WITH CHOCOLATE SAUCE

## FRIDAY

TUNA AND PASTA BAKE  
FALAFEL BURGER, SERVED WITH FRESH SLAW AND POTATO  
WEDGES

JACKET POTATO, MONDAY BEANS, TUESDAY CHEESE, WEDNESDAY TUNA,  
THURSDAY BEANS, FRIDAY CHEESE

ALL MAIN MEALS COME WITH A CHOICE OF FRESH SALAD, OR  
VEGETABLES DAILY.

FRUIT JELLY, FRESH FRUIT OR YOGURT.



week four

# menu

## MONDAY

VEGAN SPAGHETTI BOLOGNAISE, SERVED WITH GARLIC BREAD  
VEGETABLE SPRING ROLL, SERVED WITH SWEET CHILLI NOODLES

## TUESDAY

BEEF AND POTATO PIE, SERVED WITH MASHED POTATO AND  
GRAVY  
CHEESE PASTIE, SERVED WITH MASHED POTATO AND GRAVY  
MANGO AND COCONUT FLAPJACK

## WEDNESDAY

ROAST GAMMON, ROAST POTATOES AND GRAVY  
LENTIL RAGU STUFFED PEPPER, SERVED WITH ROAST  
POTATO AND GRAVY

## THURSDAY

CHICKEN TIKKA MASALA, SERVED WITH RICE AND NAAN  
BREAD  
QUORN AND VEGETABLE FAJITAS, SERVED WITH RICE  
TOFFEE APPLE CRUMBLE, WITH CUSTARD

## FRIDAY

SALMON FISH CAKE, SERVED WITH CHIPS, PEAS OR BAKED  
BEANS  
VEGETABLE SAMOSA, SERVED WITH CHIPS, AND CURRY  
SAUCE

JACKET POTATO, MONDAY BEANS, TUESDAY CHEESE, WEDNESDAY TUNA,  
THURSDAY BEANS, FRIDAY CHEESE

ALL MAIN MEALS COME WITH A CHOICE OF FRESH SALAD, OR  
VEGETABLES DAILY.

FRUIT JELLY, FRESH FRUIT OR YOGURT.



week five

# menu

## MONDAY

TRADITIONAL MACARONI CHEESE  
TOMATO BASIL AND MOZZARELLA PIZZA SERVED WITH  
POTATO WEDGES

## TUESDAY

BEEF AND POTATO CURRY, SERVED WITH RICE, NAAN BREAD  
SHEPHERDESS PIE  
CHOCOLATE CHIP COOKIE

## WEDNESDAY

CHICKEN PAPRIKASH, ROAST POTATOES, GRAVY  
QUORN ROAST, ROAST POTATOES, GRAVY

## THURSDAY

SWEET AND STICKY PORK MEATBALLS, SERVED WITH  
SPAGHETTI  
ROAST VEGETABLE MUFFIN, WITH POTATO WEDGES  
SAINT CLEMENTS SPONGE, SERVED WITH CUSTARD

## FRIDAY

FISH TACO, SERVED WITH FRESH SLAW AND CHIPS  
VEGETABLE ENCHILADAS SERVED WITH CHIPS

JACKET POTATO, MONDAY BEANS, TUESDAY CHEESE, WEDNESDAY TUNA,  
THURSDAY BEANS, FRIDAY CHEESE

ALL MAIN MEALS COME WITH A CHOICE OF FRESH SALAD, OR  
VEGETABLES DAILY.

FRUIT JELLY, FRESH FRUIT OR YOGURT.



week six