



Week One

Monday

Lentil Ragu, served with pasta and garlic bread
Sweet potato chilli con carne, served with rice and nachos

Tuesday

Chicken paprikash, with crunchy roast new potatoes
Lentil Shepherdess pie
Oat and raisin cookie

Wednesday

Slow roast beef served with Yorkshire pudding, gravy and
roast potatoes
Garden vegetable pie, served with gravy and roast potatoes

Thursday

Sticky teriyaki pork, with vegetable noodles
Roast vegetable lasagne
Apple berry crumble with custard

Friday

Oven baked fish fingers and chips, with peas or baked beans
Loaded vegetable flatbread, with crumbled feta



Week Two

Monday

Vegetable sausage and Smokey bean hot pot
Roasted tomato and pepper pasta, with garlic bread

Tuesday

Beef chilli wrap, with fresh slaw and rice
Wholemeal falafel pitta, with salad, salsa and rice
Spiced orange flapjack

Wednesday

Roast turkey, sage and onion stuffing, roast potatoes and
gravy
Vegetable and cheese cobbler with gravy and roast potatoes

Thursday

Slow cooked pulled pork and jacket potato
Vegan spaghetti bolognese, pasta and garlic bread
Coconut and pineapple sponge with custard

Friday

Fish taco, fresh slaw, salad and oven baked wedges
Quorn chilli burrito, salad and oven baked wedges



Week Three

Monday

Vegetable burger and oven baked garlic wedges
Tomato and basil macaroni and garlic bread

Tuesday

Katsu chicken curry and rice
Tomato and sweetcorn quiche, new potatoes
Banana and blueberry muffin

Wednesday

Steak and vegetable pie, roast potatoes and gravy
Sage bean and vegetable loaf, roast potatoes and gravy

Thursday

Lamb and red pepper ragu, pasta and garlic bread
Spinach potato and chickpea curry, rice and naan bread
Peach and pear crumble with custard

Friday

Tuna pasta bake
Vegan chicken and roast vegetable fajita, spiced rice and
salad



Week Four

Monday

Mac n cheese with sweetcorn and leeks
Spiced lentil and vegetable Balti, rice and chapati

Tuesday

Chicken tikka masala, rice and naan bread
Five bean chilli, rice, salsa and sour cream
Sticky toffee apple flapjack

Wednesday

Slow roast pork, apple sauce, roast potatoes and gravy
Butternut squash and broccoli crumble, roast potatoes and
gravy

Thursday

Beef Stifado pasta
Oriental vegetable stir fry, sesame noodles
Raspberry crumble cake with custard

Friday

Cajan crumbed cod and oven baked wedges
Cauliflower and broccoli cheese and oven baked wedges



Week Five

Monday

Slow cooked ratatouille and garlic new potatoes

Roasted vegetable pizza and garlic new potatoes

Tuesday

Beef and vegetable lasagne

Tabbouleh peppers and pasta salad

Honey, oat and cranberry cookie

Wednesday

Roast chicken, sage and onion stuffing, roast potatoes and
gravy

Vegetable strudel, roast potatoes and gravy

Thursday

Chipotle meatballs and vegetable rice

Vegetable sausage, mash and onion gravy

Sticky ginger cake and custard

Friday

Oven baked fish and chips and peas or baked beans

Bean and vegetable enchilada and oven baked chips



Week Six

Monday

Tomato basil and mozzarella pasta and garlic bread
Vegan chilli, rice, nachos and salsa

Tuesday

Chicken shawarma and garlic roast potatoes
Vegetable chimichanga and garlic roast potatoes
Apple crumble muffin

Wednesday

Slow roast gammon, roast potatoes and gravy
Basil roast vegetable and bean pie, roast potatoes and gravy

Thursday

Beef cottage pie with root vegetable mash
Vegetable goulash, paprika dumplings and mashed potato
Raspberry ripple ice cream cake

Friday

Smokey salmon and sweetcorn pasta bake
Aloo Gobi, naan bread and fresh green salad