



WEEK ONE



MON	TUES	WED	THURS	FR
Hot Meal	Hot Meal	Hot Meal	Hot Meal	Hot Meal
Chicken Balti with Rice & Naan Bread	Sausage & Mash with Onion Gravy	Roast Beef & Yorkshire Puddings with Roast Potatoes	Chicken & Vegetable Pie with Sauté Potatoes	Crispy Battered Fish & Chips
Salmon, Leek & Butternut Squash Pie	Beef Keema Pie	Chicken & Tomato Pasta Bake	Pork Char Siu with Noodles	Chilli con Carne & Rice
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
Garlic Mushroom Pasta with Cheesy Garlic Bread	Cheese & Broccoli Quiche with Diced Potatoes	Bean Quesadillas with Roast Potatoes	Vegetable/Quorn Curry & Rice	Cheese Topped Veggie Burger in Bun
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Cauliflower Broccoli	Peas Carrots	Green Beans Medley of Vegetables	Savoy Cabbage Mashed Swede & Carrots	Sweetcorn Peas
Dessert	Dessert	Dessert	Dessert	Dessert
Orchard Cinnamon Crunchy Crumble & Custard	Chocolate & Orange Flapjack	Creamed Rice Pudding & Jam	Iced Autumn Berry Sponge	Fruity Gingerbread & Custard



WEEK TWO



MON	TUES	WED	THURS	FR
Hot Meal	Hot Meal	Hot Meal	Hot Meal	Hot Meal
Spaghetti Bolognese	Organic Pork Meatballs in Spicy Tomato Sauce & Rice	Roast Chicken & Stuffing with Roast Potatoes	Beef Stew & Dumplings with Creamed Potatoes	Breaded Fish Goujons with Chips
Sage & Onion Chicken Strips with Potato Wedges	Ocean Pie	Sicilian Lamb Hot Pot	Bacon, Leek & Potato Bake	Cajun Spiced Chicken with Vegetable Rice
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
Spinach, Carrot & Feta Pastry with Potato Wedges	Vegetable Lasagne	Sweet Lentil Curry & Rice	Vegetable Crunch Crumble	Cheese Catherine Wheels with Chips
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Medley of Vegetables Broccoli	Savoy Cabbage Carrots	Sweetcorn Roast Parsnips	Sautéed Leeks Carrots	Peas Mixed Salad
Dessert	Dessert	Dessert	Dessert	Dessert
Sticky Date & Apple Bar & Custard	Steamed Lemon Sponge & Custard	Apple & Blackberry Pie with Custard	Chocolate Fudge Pudding & Chocolate Sauce	Pineapple Shortcake



WEEK THREE



MON	TUES	WED	THURS	FR
Hot Meal	Hot Meal	Hot Meal	Hot Meal	Hot Meal
Chicken Korma & Rice	Shepherd's Pie	Roast Pork, Sage & Onion Stuffing with Roast Potatoes	Minced Beef & Onion Pie with Sweet Potato Mash	Crispy Battered Fish & Chips
Tex Mex Bake	Chicken Casserole with Yorkshire Pudding	Beef & Courgette Gratin	Pasta Carbonara with Garlic Bread	Chicken Enchilada
Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice	Vegetarian Choice
Root Vegetable Pie with Diced Potatoes	Sweet & Sour Vegetables & Rice	Cheese & Tomato Pasta	Bean & Vegetable Bake	Pizza Margarita
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Peas Sweetcorn	Medley of Vegetables	Red Cabbage Carrots	Green Beans Cauliflower	Peas Carrots
Dessert	Dessert	Dessert	Dessert	Dessert
Oaty Rhubarb Crumble with Custard	Berry Muffin	Jam Roly Poly & Custard	Syrup Sponge & Custard	Ground Rice Tart