

WEEK 1

MONDAY

MAINS

Spaghetti Bolognese
Sweet Chilli chicken
Veggie kiev

VEGETABLES/SALAD

Vegetable choice of the day
Salad Selection

CARBOHYDRATES

Wedges
Crusty Roll

DESSERTS

Selection of Fruit & Yoghurt
Syrup Roly Poly & Custard
Tray Bake & Biscuit Selection

TUESDAY

MAINS

Sausages
Steak Pie
Vegetable Chow Mein

VEGETABLES/SALAD

Vegetable choice of the day
Salad Selection

CARBOHYDRATES

Rice
Flat Bread
Mash Potato

DESSERTS

Chocolate Crunch & Custard
Tray Bake & Biscuit selection/Selection of fruit

WEDNESDAY

MAINS

Roast Beef
Cheese & Bacon Pasta
Roasted Pepper & Cheddar Quiche

VEGETABLES/SALAD

Vegetable choice of the day
Salad Selection

CARBOHYDRATES

Roast Potatoes
Yorkshire pudding
Selection of Bread

DESSERTS

Iced Sponge & Custard/Selection of fruits
Tray Bake & Biscuit Selection

THURSDAY

MAINS

Chicken Korma
Meat feast Calzone
BBQ Quorn Bites

VEGETABLES/SALAD

Vegetable choice of the day
Salad Selection

CARBOHYDRATES

Rice/Naan
Sweet Potato Fries

DESSERTS

Jam Sponge & Custard/Selection of fruits
Tray Bake & Biscuit Selection

FRIDAY

MAINS

Cod bites
Mince beef & onion pie
Hummus and Vegetable Wrap
Curry Sauce

VEGETABLES/SALAD

Vegetable choice of the day
Salad Selection

CARBOHYDRATES

Chips
Crusty roll

DESSERTS

Chocolate fudge cake/Selection of fruits
Jam Doughnut

WEEK 2

MONDAY

MAINS

BBQ Chicken
Ham & Cheese pasta
Jkt Potato with Cheese & Coleslaw

VEGETABLES/SALAD

Vegetable choice of the day
Salad selection

CARBOHYDRATES

Herby Potatoes
Crusty Roll

DESSERTS

Selection of Fruit & Yoghurts
Chocolate & Sponge, Custard
Tray Bake & Biscuit Selection

TUESDAY

MAINS

Sweet & Sour chicken
Shepherd's pie
Vegetable Stir Fry

VEGETABLES/SALAD

Vegetable choice of the day
Salad Selection

CARBOHYDRATES

Selection of Bread
Noodles

DESSERTS

Selection of Fruit & Yoghurts
Cornflake tart & Custard
Tray Bake & Biscuit Selection

WEDNESDAY

MAINS

Roast Pork Loin
Lasagne
Veg Chilli

VEGETABLES/SALAD

Vegetable choice of the day
Salad Selection

CARBOHYDRATES

Mash/Roast Potatoes
Yorkshire Pudding
Rice

DESSERTS

Jam Roly Poly & Custard/Selection of Fruit
Tray Bake & Biscuit Selection

THURSDAY

MAINS

Chicken Tikka Masala
Chilli Tacos
Vegetable nibbles

VEGETABLES/SALAD

Vegetable choice of the day
Salad Selection

CARBOHYDRATES

Vegetable Rice
Sweet potato wedges

DESSERTS

Selection of Fruit & Yogurt
Sticky Toffee Pudding & Custard
Tray Bake & Biscuit Selection

FRIDAY

MAINS

Fish Fillet
Battered Sausage
Quorn fishless fingers
Curry sauce

VEGETABLES/SALAD

Vegetable choice of the day
Salad Selection

CARBOHYDRATES

Chips
Bread roll

DESSERTS

Selection of Fruit & Yoghurts
Apple Pie & Cream
Mini Muffin

WEEK 3

MONDAY

MAINS

Italian Chicken
Chorizo Pasta
Veg Curry

VEGETABLES/SALAD

Vegetable choice of the day
Salad Selection

CARBOHYDRATES

Rice
Garlic Bread

DESSERTS

Selection of Fruit & Yoghurts
Apple Crisp & Custard
Tray Bake & Biscuit Selection

TUESDAY

MAINS

Beef stew with suet crust
Chicken supreme
Roasted Veg Lasagne

VEGETABLES/SALAD

Vegetable choice of the day
Salad Selection

CARBOHYDRATES

Crusty Roll
Spiced Wedges
Rice

DESSERTS

Selection of Fruit & Yoghurts
Iced Cornflake Special & Custard
Tray Bake & Biscuit Selection

WEDNESDAY

MAINS

Roast Turkey
Cheese & Bacon Pasta
Nut Roast

VEGETABLES/SALAD

Vegetable choice of the day
Salad Selection

CARBOHYDRATES

Choice of Potatoes
Yorkshire Pudding

DESSERTS

Selection of Fruit & Yoghurts
St Clements Sponge & Custard
Tray Bake & Biscuit Selection

THURSDAY

MAINS

Pasta & Meatballs
Chicken Bites with Sticky Soy Sauce
Jacket Potato with Cheese and Beans

VEGETABLES/SALAD

Vegetable choice of the day
Salad Selection

CARBOHYDRATES

Rice
Sweet Potato Criss cross

DESSERTS

Selection of Fruit & Yoghurts
Fruit Crumble & Custard
Tray Bake & Biscuit Selection

FRIDAY

MAINS

Fish Fillet Fingers
Mince Beef Pie
Jalapeno 'n' Cheese Bites

VEGETABLES/SALAD

Vegetable choice of the day
Salad Selection

CARBOHYDRATES

Chips
Crusty Roll

DESSERTS

Selection of Fruit and Yoghurts
Lemon Cake & Custard
Tray Bake & Biscuit Selection