

MONDAY

MAIN MEAL	Spicy Chicken & Vegetable Curry with Rice
VEGGIE MEAL	Sweet Potato & Vegetable Curry Ve with Naan Bread V
SIDES	Cumin Roast Carrots Ve
DESSERT	Lemon Drizzle Sponge V

TUESDAY

MAIN MEAL	Beef & Bean Chilli with Spicy Potatoes or Tacos
VEGGIE MEAL	Bean & Vegetable Enchiladas V
SIDES	Coleslaw V & Sweetcorn Ve
DESSERT	Carrot Cake V

WEDNESDAY

MAIN MEAL	BBQ Pulled Pork filled Yorkshire Pudding with Onion Gravy
VEGGIE MEAL	Mushroom & Butternut Squash Filo Parcel V
SIDES	Herby Potatoes, Seasonal Roast Vegetables Ve
DESSERT	Apple & Oaty Topped Crumble Ve with Custard V

THURSDAY

MAIN MEAL	Beef Lasagne with Garlic Bread
VEGGIE MEAL	Aubergine Parmigiana V
SIDES	Italian Salad & Broccoli Ve
DESSERT	Chocolate Sponge V

FRIDAY

MAIN MEAL	Oven Baked Battered Fish
VEGAN MEAL	Bean & Vegetable Stuffed Pitta Ve
SIDES	Chips, Baked Beans or Peas Ve
DESSERT	Oat & Cherry Cookie Ve

JACKET & PASTA BAR AVAILABLE DAILY

Week 1: 19th April, 9th May, 6th June, 27th June, 18th July, 30th August, 19th September,
10th October, 31st October

MONDAY

MAIN MEAL	Beef & Lentil Pastitsio
VEGGIE MEAL	Cheddar, Spinach & Mushroom Layered Bake V
SIDES	Green Salad & Sweetcorn Ve
DESSERT	Chocolate & Courgette Sponge with Chocolate Sauce V

TUESDAY

MAIN MEAL	Teriyaki Turkey & Vegetable Stir-Fry
VEGGIE MEAL	Soy, Honey & Ginger Tofu Stir-Fry V
SIDES	Steamed Rice & Seasonal Greens Ve
DESSERT	Vanilla Sponge & Custard V

WEDNESDAY

MAIN MEAL	Sage & Lemon Roast Chicken Leg with Gravy
VEGGIE MEAL	Cauliflower Cheese with a Herby Crust V
SIDES	Roast Potatoes, Carrots & Peas Ve
DESSERT	Banana Flapjack Ve

THURSDAY

MAIN MEAL	Beef Meatball & Butterbean Ragu
VEGGIE MEAL	Vegetable & Lentil Lasagne & Garlic Bread V
SIDES	Spring Onion Mash & Green Beans Ve
DESSERT	Apple & Parsnip Sponge V

FRIDAY

MAIN MEAL	Oven Baked Battered Fish
VEGGIE MEAL	Tomato & Feta Quiche V
SIDES	Chips, Baked Beans or Peas Ve
DESSERT	Chocolate & Beetroot Brownie V

JACKET & PASTA BAR AVAILABLE DAILY

Week 2 : 25th April, 16th May, 13th June, 4th July, 5th September, 26th September, 17th October

MONDAY

MAIN MEAL	Cajun Chicken Pasta Bake
VEGAN MEAL	Leek & Borlotti Bean Potato Hash Ve
SIDES	Carrots & Green Beans Ve
DESSERT	Orange & Coconut Cookie V

TUESDAY

MAIN MEAL	Pork Sausages in a Roll
VEGAN MEAL	Vegetable Quarterpounder Burger Ve
SIDES	Potato Wedges, BBQ Sauce & Fried Onions Ve
DESSERT	Marble Sponge V

WEDNESDAY

MAIN MEAL	Honey Roast Gammon with Gravy
VEGAN MEAL	Vegetable & Bean Pie Ve
SIDES	Roast Potatoes, Carrots, Roast Cauliflower Ve
DESSERT	Forest Fruit & Apple Crumble Ve with Custard V

THURSDAY

MAIN MEAL	Beef & Coconut Keema with Rice
VEGGIE MEAL	Paneer & Spinach Masala with Naan Bread V
SIDES	Indian Spiced Greens Ve
DESSERT	Bread & Butter Pudding with Custard V

FRIDAY

MAIN MEAL	Oven Baked Battered Fish
VEGAN MEAL	Vegan Mince & Vegetable Burrito Ve
SIDES	Chips, Baked Beans or Peas Ve
DESSERT	Orange Shortbread Ve

JACKET & PASTA BAR AVAILABLE DAILY

Week 3 : 3rd May, 23rd May, 20th June, 11th July, 12th September, 3rd October, 24th October