



# WEEK 1



**HOT MEAL**

**VEGETARIAN CHOICE**

**VEGETABLES**

**DESSERT**

**MON**

Chicken Tikka Masala & Rice  
Mac n Cheese

✓ Bean & Sweet Potato Bake

Seasonal Vegetables

Chocolate Berry Sponge & Chocolate Sauce

**TUES**

Moroccan Lamb & Cous Cous  
Chicken & Vegetable Pie with Sweet Potato Mash

✓ Potato & Spinach Curry with Rice

Seasonal Vegetables

Lemon Layer Pudding

**WEDS**

Roast Beef & Yorkshire Puddings with Roast Potatoes  
Salmon, Beetroot and Butternut Squash Bake

✓ Super Veg Spaghetti with Cheesy Garlic Bread

Seasonal Vegetables

Peach Melba Squares & Custard

**THURS**

Hot Pork Salsa with Rice  
Beef Keema Pie

✓ Stuffed Courgettes with Minted New Potatoes

Seasonal Vegetables

Tropical Fresh Fruit Salad with Natural Yoghurt

**FRI**

Crispy Battered Fish & Chips  
Pork Ragu with Tagliatelle

✓ Summer Vegetable Frittata & Mixed Bean Salad

Seasonal Vegetables

Summer Fruit Crumble & Custard





# WEEK 2



	HOT MEAL	VEGETARIAN CHOICE	VEGETABLES	DESSERT
MON	<p>BBQ Chicken with Jacket Potato</p> <p>Beef &amp; Courgette Gratin</p>	<p>✓Vegetable Curry &amp; Rice</p>	<p>Seasonal Vegetables</p>	<p>Fruity Jam Sponge with Custard</p>
TUES	<p>Beef Lasagne &amp; Garlic Bread</p> <p>Sage &amp; Onion Chicken Goujons with Potato Wedges</p>	<p>✓Summer Veggie Quiche with Potato Salad</p>	<p>Seasonal Vegetables</p>	<p>Peach Crisp &amp; Custard</p>
WEDS	<p>Roast Gammon &amp; Pineapple with New Potatoes</p> <p>Tuna Fishcakes with Potato Wedges</p>	<p>✓Veggie Pasta Bolognese</p>	<p>Seasonal Vegetables</p>	<p>Rice Pudding &amp; Berries</p>
THURS	<p>Chicken Korma with Rice &amp; Naan Bread</p> <p>Beef Kofta in Pitta Bread with Minted Yoghurt Dressing</p>	<p>✓Loaded Potato Skins with Coleslaw</p>	<p>Seasonal Vegetables</p>	<p>Blackcurrant Oat Slice with Custard</p>
FRI	<p>Crispy Battered Fish with Chips</p> <p>Spicy Pork Calzone with Herbie Diced Potatoes</p>	<p>✓Summer Veg &amp; Mint Risotto</p>	<p>Seasonal Vegetables</p>	<p>Orange Honey Cake with natural Yoghurt</p>





# WEEK 3



	HOT MEAL	VEGETARIAN CHOICE	VEGETABLES	DESSERT
MON	Beefburger in a Bun with Potato Wedges & Salsa Sticky Citrus Chicken	✓ Vegetable Lasagne with Garlic Bread	Seasonal Vegetables	Pineapple Upside Down Cake & Custard
TUES	Pork Meatloaf with New Potatoes Beef Burrito with Potato Wedges	✓ Summer Tart with Butterbean & Cucumber Salad	Seasonal Vegetables	Chocolate Banoffee Tart
WEDS	Roast Chicken with Sage & Onion Stuffing & Roast Potatoes Lamb Keema	✓ Mediterranean Stuffed Peppers with New Potatoes	Seasonal Vegetables	Lemon & Lime Drizzle Cake with Custard
THURS	Steak & Mushroom Pie with Creamed Potatoes Thai Green Chicken Curry & Coconut Rice	✓ Bean Filled Pitta Pockets with Sweet Potato Wedge	Seasonal Vegetables	Tropical Fruit Crunch with Ice Cream
FRI	Crispy Battered Fish & Chips Sizzling Sausage in a Bun	✓ Summer Roasted Veg Pasta	Seasonal Vegetables	Fatless Strawberry & Cream Sponge

