

Week 3 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Hot dish	Salt & pepper chicken, egg fried rice & mini vegetable spring rolls	Lincolnshire sausage casserole with cheesy mash	Piri piri chicken with Nando's style rice	Garlic & herb roasted turkey breast with cranberry stuffing	Fish & chips
Vegetarian dish	Mediterranean vegetable & three cheese quiche	Quorn fajitas with steamed rice	Oumph thai red curry	Tomato & mozzarella tart with basil pesto	Homemade tomato & mozzarella pizza
Accompaniments	Baby potatoes, carrots & broccoli	Cavolo nero & sugar snap peas	Cauliflower cheese & honey roast carrots	Roast new potatoes, roast parsnips, carrots & peas	Mushy peas & baked beans
Alternatives/Extras	Soup of the day Pasta bar Jacket potato bar	Soup of the day Pasta bar Jacket potato bar	Soup of the day Pasta bar Jacket potato bar	Soup of the day Pasta bar Jacket potato bar	Soup of the day Pasta bar Jacket potato bar
Dessert	Marble cake with chocolate sauce	Tiramisu	Pear & apple crumble	Sticky toffee pudding	Chocolate brownie
Chilled puddings	Fruit Jelly, dessert pots, yoghurt & fresh fruit	Fruit Jelly, dessert pots, yoghurt & fresh fruit	Fruit Jelly, dessert pots, yoghurt & fresh fruit	Fruit Jelly, dessert pots, yoghurt & fresh fruit	Fruit Jelly, dessert pots, yoghurt & fresh fruit



Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Hot dish	Slow cooked beef chilli with tortillas & jalapeños	Greek chicken gyros with khobez bread & salsa	Swedish style meatballs with onion gravy	Butter chicken with pilau rice	Chicken fajitas
Vegetarian dish	Baked vegetable lasagne	Mac 'n' cheese	Vegetable pad thai with rice noodles & tofu	Vegan five bean tacos with spicy jalapeños	Homemade tomato & mozzarella pizza
Accompaniments	Rice, roast carrot & parsnips, sugar snap peas	Skinny fries, savoy cabbage & spinach, roast Mediterranean vegetables	Mashed potatoes, broccoli & cauliflower	Medley of vegetables & baby corn	Garden peas & baked beans
Alternatives/Extras	Soup of the day Pasta bar Jacket potato bar	Soup of the day Pasta bar Jacket potato bar	Soup of the day Pasta bar Jacket potato bar	Soup of the day Pasta bar Jacket potato bar	Soup of the day Pasta bar Jacket potato bar
Dessert	Milk chocolate bread & butter pudding	Lemon drizzle sponge	Mango & pineapple crumble	Chocolate fudge cake	Victoria sponge
Chilled puddings	Fruit Jelly, dessert pots, yoghurt & fresh fruit	Fruit Jelly, dessert pots, yoghurt & fresh fruit	Fruit Jelly, dessert pots, yoghurt & fresh fruit	Fruit Jelly, dessert pots, yoghurt & fresh fruit	Fruit Jelly, dessert pots, yoghurt & fresh fruit



Week 1 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Traditional Hot dish	Sausage & mash	Korean BBQ chicken with flatbreads	Slow braised beef rendang curry with lemongrass rice	Roast pork loin with bramley apple stuffing & gravy	Katsu chicken curry with rice
Vegetarian dish	Butternut squash & goats cheese wellington	Fruity Sri Lankan sweet potato curry	Stuffed peppers	Brie, asparagus & leek tart	Homemade tomato & mozzarella pizza
Accompaniments	Mashed potato, carrots, sugar snaps & peas	Egg fried rice, corn on the cob, charred veg	Cavolo nero & sugar snap peas	Rosemary roast potatoes, parsnips, carrot & swede crush	Rice, corn on the cob & baked beans
Alternatives/Extras	Soup of the day Pasta bar Jacket potato bar	Soup of the day Pasta bar Jacket potato bar	Soup of the day Pasta bar Jacket potato bar	Soup of the day Pasta bar Jacket potato bar	Soup of the day Pasta bar Jacket potato bar
Dessert	Sprinkle cake	Jam & coconut sponge	Apple & blackberry crumble with custard	Black forest gateau	Carrot cake
Chilled puddings	Fruit Jelly, dessert pots, yoghurt & fresh fruit	Fruit Jelly, dessert pots, yoghurt & fresh fruit	Fruit Jelly, dessert pots, yoghurt & fresh fruit	Fruit Jelly, dessert pots, yoghurt & fresh fruit	Fruit Jelly, dessert pots, yoghurt & fresh fruit

